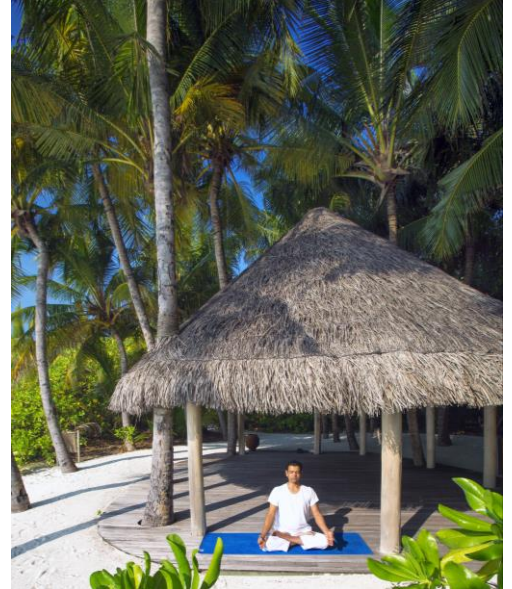


# Visiting Wellness Practitioner Devendra Pokhriyal

Devendra Pokhriyal is a practitioner and Ayurveda therapist from India's Himalayan foothills. He has been on a transformative journey since 1997, exploring various wellness practices such as yoga, meditation, and Reiki healing.

After years of dedicated study, Dev has become an expert in Yoga and Ayurveda therapy, having trained in Kerala. Dev has a passion for helping individuals suffering from stress, insomnia, and physical pain, and he has dedicated himself to this work in an Ayurveda hospital. He specialises in relieving bodily aches and pains using a range of Eastern and Western massage techniques and holistic, energy healing and Ayurveda therapies.



For a mindful start to your day, join Dev for a

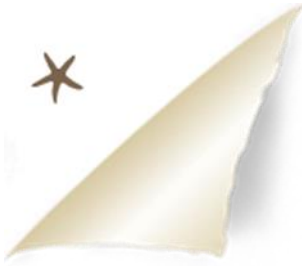
## “Self-Awareness Meditation”

**Monday and Friday**

Engage in this practice to cultivate mindfulness. Focus on your breath and observe thoughts to connect deeply with your inner self. Embrace this routine to enhance clarity and achieve emotional balance.

Time: 07:00 -07:45 a.m.

Venue: Yoga Champa  
(Complimentary)



# Visiting Wellness Practitioner Devendra Pokhriyal

## **Remedial Massage**

Immerse yourself in the ultimate fusion of rejuvenation – a bespoke whole-body experience that seamlessly blends the precision of deep tissue massage and the ancient art of traditional Thai Stretching and rhythmic wooden tapping along meridian lines. Elevate your energy flow as this bodywork targets stiffness, pain and tension, leaving you with a profound sensation of comfort and tranquillity.

## **Dry Needling Physical Therapy**

Also known as trigger points dry needling, this experience exclusively focuses on musculoskeletal and neuromuscular issues. This therapy is designed to reduce muscle tightness, diminish pain, and enhance blood flow to the targeted area. Elevate your well-being with a tailored approach that promotes optimal healing and provides relief where you need it the most.

## **Ayurveda Marma Therapy**

Experience the art of subtlety with our Marma Therapy – a masterful manipulation of subtle physical energy deeply rooted in Ayurveda traditions for self-care and healing. This profound practice effectively enhances the flow of vital energy (Prana). The activation boosts cellular intelligence, metabolism, and the immune system.

## **Slimming Detox Massage**

Revitalise your body with our detox massage, employing a series of vigorous rhythmic movements specifically designed to target cellulite. This therapeutic session is meticulously crafted to enhance detoxification, promote optimal blood circulation, and impart a lasting toned and firm skin sensation.

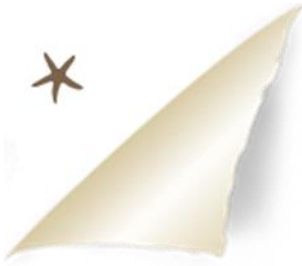
## **Wellness Classes**

### **Traditional Hatha Yoga**

Embark on an enchanting journey with traditional Hatha yoga – a masterpiece of posture, breathwork and meditation. It is thoughtfully designed to nurture physical strength, flexibility and inner peace. Elevate your existence, embrace the ancient wisdom and unlock a sanctuary of balance within.

### **Meditation**

Dive into the tranquillity of each moment as you actively foster inner peace and mindfulness. Allow Dev to expertly navigate your journey toward a profound experience, nurturing your well-being and elevating the harmony of mind, body and spirit to new heights.



# Visiting Wellness Practitioner Devendra Pokhriyal

Remedial Massage 60   90 minutes	250   290
Dry Needling Physical Therapy 50 minutes	240
Ayurveda Marma Therapy 60   90 minutes	250   290
Slimming Detox Massage 60   90 minutes	250   290
Traditional Hatha Yoga One on One   Couple	150   225
Meditation One on One   Couple	125   200

Advance reservation is essential please contact your Friday or spa at 5457  
Price are quoted in USD dollar are subject to 27.6% service charge and goods and service tax

