

Visiting Wellness Practitioner

11th February – 9th April 2025

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



Start your day mindfully by joining Dev for a

“Self-Awareness Meditation”

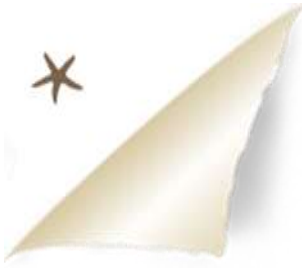
Monday and Friday

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)



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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.

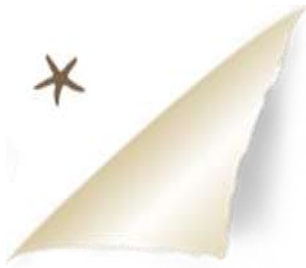
Ayurveda Marma Therapy

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.

Myofascial Release

A gentle, hands-on massage technique designed to release tightness and alleviate pain in connective tissues that surround and support your muscle. This therapy incorporates targeted stretches to enhance flexibility and improve range of motion.





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Remedial Massage

60 | 90 minutes

250 | 300

Dry Needling Physical Therapy

60 minutes

250

Ayurveda Marma Therapy

60 | 90 minutes

250 | 300

Myofascial Release

60 | 90 minutes

250 | 300

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

