

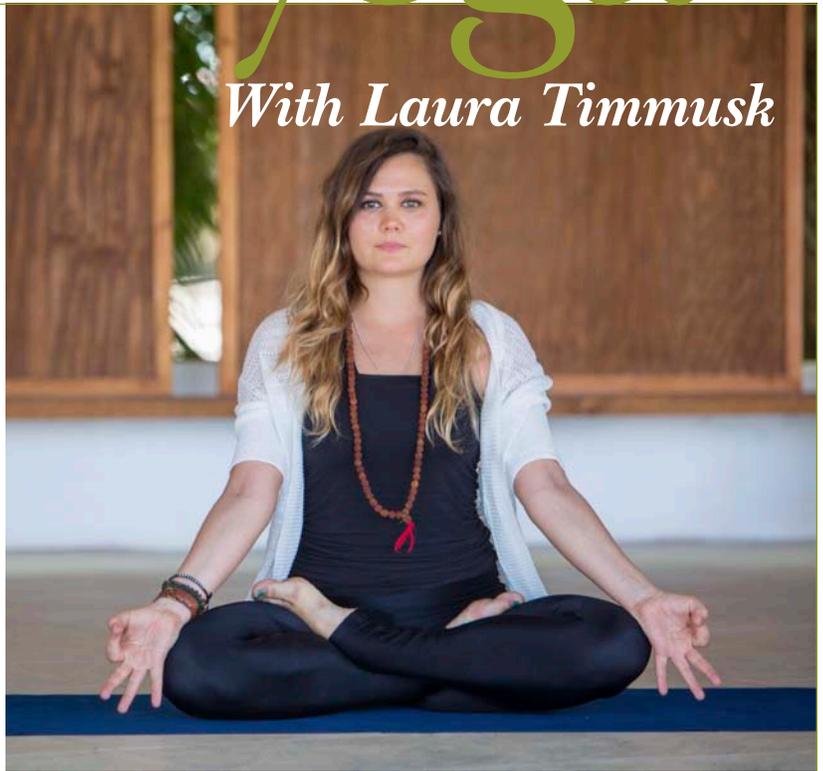
yoga

With Laura Timmusk

Laura is a Yogi, Yoga and Meditation Instructor and a Physical Therapist, who was born in Estonia, but she grew up in Sweden, and the past seven years has lived, worked, taught and studied around the globe, from Indonesia to Spain.

She has been practicing yoga and meditation since she was a young teen and due to the therapeutic effect on her, she had an interest to deepen her knowledge. Therefore when she finished high school she went to South and Central America and there she followed through guided Meditation course in Guatemala. After those travels the interest grew and during her Physiotherapy University studies she went to Rishikesh, India, to do the Meditation and Hatha Yoga Teacher Training course and came back to University with the wish to introduce Yoga and the therapeutic side of it to the University. Therefore she wrote her bachelor thesis about Yoga as a therapeutic treatment. Laura's most recent yoga journey took her to Bali, where she followed through another training for teachers with her gurus and disciples of both yoga legends Pattabhi Jois and B.K.S. Iyengar.

After the teacher training in both India and Bali, Laura's style expanded. Her classes today are based on a Vinyasa Yoga style with focus on alignment, breath work and clarity of the mind to ultimately create balance in the physical-, mental- and spiritual body. She always adapts every class so it is relaxing, meditative, and energizing and breaks down challenging asanas (positions) so they are accessible but still fun for every level, beginner or advanced



The following services can be booked with Laura through our spa or concierge:

- Private yoga classes (see "Yoga Menu")
- Swedish massage, Deep Tissue massage and Fusion massage
- Einstein massage, Foot massage
- Romance Ritual, Couples Massage
- Aromatherapy associates: De-stress Muscle Massage and Summer skin cooler
- Chocolate treatments: Mocha massage, Hot Candle massage, Chocolate citrus body polish, Chocolate Delight body treatment
- Ayurveda treatments: Shirodhara

Prices include a 15% VAT where applicable.
All prices subject to 10% service charge.



YOGA SPECIALTY ACTIVITIES WITH LAURA

The following yoga activities are available on request.

Vinyasa Yog

Vinyasa Yoga is a series of asanas (yoga poses) that are synchronized with inhalations and exhalations, creating a mind and body strengthening sequence. The synchronized breathing relaxes your mind and helps to release any blockage of energy flow throughout your body. The breath will become stronger and faster and so will the movements that will produce sweat and expel toxins. There will be a short consultation before the class so that it will be designed for you, so that you get the best possible experience.

Suitable for all levels. 90 minutes
Single: US 100 • Double: US 140

Couples Yoga

Yoga asanas (poses) that are shared with your loved one, not only a great way to connect with your partner but also a great way to have fun together. You will learn how to communicate effectively by letting each other know how you feel and also to ensure that the amount of force you are using is comfortable for your loved one.

Suitable for all levels. 60 minutes / US 120

Meditation and Pranayama

Meditation is the medicine of the mind, a practice in which an individual trains to calm the mind and bring forth a more present consciousness. It is not always easy to accomplish this by yourself, and therefore a guided meditation is an excellent way to give a break to the busy mind. The class is a guided meditation in which a practitioner follows the mental instructions given by the teacher. Pranayama means to control of the breath or the vital energy. Pranayama is just as important and beneficial as yoga asanas and meditation. Pranayama consists of meditative breathing techniques that will help to calm and strengthen the mind and centre the self, and assists with the meditation practice.

Suitable for all levels. 45 minutes / Single US 70 • Double US 110

A hike finished with yoga

Enjoy a beautiful hike, with medium intensity, either in the morning or the afternoon that finishes with a refreshing mind and body calming yoga session in the open air, one with nature.

The hike will begin on the beach, from there we will gradually hike up along the trails and finish with a slow yoga practice that is suitable for everybody on a open air deck located high up on Morne Chastanet mountain over looking the sea and the beautiful Pitons. The view is spectacular and the location is very serene and quiet, complementing the yoga session to perfection.

Suitable for all levels. 90 minutes / Single US 100 • Double US 140

A 15% VAT tax is included in pricing where applicable.

All treatments and activities are subject to 10% service charge.

The YOGA SPECIALITY ACTIVITIES have been designed for one or two persons participating. The per person price will be US 50 if more than 2 persons sign up for the activity.

All YOGA SPECIALITY ACTIVITIES require a consultation with the Yoga Instructor at the time of booking.

