

Resort Yoga Classes

The classes by our resident Yoga instructor are non-competitive and open to complete beginners as well as to those more advanced. More challenging variations can be offered to more experienced students. The instructor is also available for private Yoga sessions which are excellent if you have chronic physical pain or chronic mental stress and would like to learn some take-home techniques for relief. Private lessons are also great if you are a more focused Yoga student and would like to evolve your practice to a deeper level! Our Yoga instructor can also be available for transformational deep tissue massages and other treatments.

Monday - Sunday

8:30 a.m. – 9:30 a.m. - Anse Chastanet Beach Gazebo

5:00 p.m. – 6:00 p.m. - Anse Chastanet Beach Gazebo



yoga

WITH NELSON CHAKO

Nelson was born in Kerala, in the southern part of India. Since childhood he experienced yoga, meditation and traditional Ayurvedic treatments. For the last eleven years Nelson has been practicing and teaching yoga.

Nelson completed his yoga courses with a Subramanian Master from Parivrajakarya Yoga Vedanta Mission, Kannur University. He holds a University degree in Yogic science and Indigenous Health Care. In addition to his classic studies, Nelson has experienced yoga classes on the shore of the River Ganges in Northern India and different Ashrams in Southern India including Sivananda Ashram. He has recently completed a Yoga Alliance from Ashtanga Vinyasa yoga Mysore. Nelson is also a Level 2 Reiki Practitioner and Reflexologist.

Nelson was introduced to an authentic style of Hatha Yoga at Bihar University by Guru Shirish and has since worked in some of the most renowned resorts in India.

Nelson has extensive training, knowledge and skills in Asanas, Pranayama, Shatkarmas (six acts of yoga) and yoga philosophy. His attention to alignment, breathing principles and proper sequencing of postures brings depth and balance to his yoga classes. Also known for his different and authentic Indian Yoga styles, his unique teaching style and compassion-centred philosophy create unique Yoga experiences.



The following services can be booked with Nelson:

Foot Reflexology - US 100 (60min)

Swedish Massage - US 110/US 160 (60/90min)

Deep Tissue - US 125/US 185 (60/90min)

Shirodhara - US 120 (60min)

Dosha Balancing - US 150 (90min)

Indian Head massage - US 80 (45min)

A 12.5% VAT tax is included in pricing where applicable. All treatments are subject to 10% service charge.



YOGA SPECIALITY ACTIVITIES

The following yoga activities are available on request.

Introduction to Yoga

This beginner yoga session is an introduction to yoga which consisting of yoga postures (asanas), gentle stretching, breathing techniques and relaxation, as well as an introduction to yoga philosophy and meditation. This gentle practice will give you a firm foundation for your yoga journey, perfect for students who have never practiced yoga before and also for those returning to yoga after a break.

This class teaches yoga postures that can be used as potent tools to enhance health, joy, peace, love, success and inner exploration, helping one cope with the hectic pace of modern life and realize the full potential in all spheres of life.

Duration – 60/90 min, single US 100/ Couples US 140

Balanced

For a balanced state of mind and body. A specially designed Yoga session, in which 'Equal Emphasis' is given to Postures (Asanas), Breath (Pranayamas), Gestures of Energy Flow (Mudras) and Awareness of Mind (Meditation). The basic intention is to bring about a harmony in the Physical, Mental, Psychic and Spiritual aspects of the practitioner.

Duration – 90 Mins • Single US 100/Couple US 140

Advanced Surya Namaskar

For a complete energisation of the body.

Bring out your inner radiance with this, ancient sequential practice of Yoga that pays tribute to the Sun, a symbol of radiance and spiritual consciousness.

An effective way to loosen up, stretch, massage and tone all joints, muscles and internal organs of the body. Done with advanced Awareness of Movements, Breath and special Sound Vibrations (Mantras), which activate the energy centers (Chakras) thereby energising the body-mind system. A group of 12 dynamic Asanas form the physical matrix around which the practice is woven. Wrap up this invigorating session with a short relaxation practice.

Sun Salutation Duration – 60 Mins • Single US 80/
Couple US 120

Detox Through Yoga

These are practices of purification given in Hatha Yoga to purify and prepare the body for more advanced form of Yoga practices. Shatkarma practices are excellent in alleviating disease and several chronic respiratory and digestive ailments. They also work on a psychological level to impart an inner feeling of lightness and well-being.

Duration – 60 min • Single US 120/Couple US 160

Meditation

Meditation refers to the state of mind where the body is consciously soothed and relaxed, while the mind is made calm and composed. Since ancient times, it is believed that meditation restores harmony, and rejuvenates and heals the mind, allowing it to release stress and fatigue. Meditation helps to remove the subtle mental barriers within ourselves and presents a better understanding of our personality, thought processes and our surroundings.

Duration – 45 min • Single US 70/Couple US 110

Yoga Body Works and Stretches

We work in the belief that tightened muscles can lead to the diminished flow of energy in your body. When energy can't flow freely, you can become inflexible, suffer pain and feel stiff. Overtime, this can lead to shortened muscles and connective tissue that affects your posture, immunity and organ function -- all of which can speed up aging and disability.

This session consists of a series of interactive movements, stretches and rhythmic massage along the body's energy lines and pressure points. It is a radically relaxing and deeply revitalizing form of energy-balancing bodywork, uniquely blending assisted yoga postures, stretches, breath techniques and traditional Thai massage techniques into a blissfully integrated experience.

Duration – 90 min US 140 / 120 min US180

Couples Yoga with Yoga Nidra

Couples yoga with a yogic relaxation session to help unblock stuck emotions and take you both through a more compassionate relationship with one another as well as a deeper connection to yourself and the world. The program will include interactive yoga postures, stretching, breath work and yogic relaxation practice.

Yoga Nidra is a state of consciousness between waking and sleeping, like the "going-to-sleep" stage. You are exposed to inner awareness and brought to a place where you can communicate with the subconscious and the higher consciousness. The session leaves the body and mind relaxed and heightens one's senses, especially those of hearing and feeling.

Duration – 90 min US 150

Pranayama mudras and bandhas

A Yoga technique to control our breathing that can result in an increase of the flow of energy within ourselves. While Mudras are best described as devotional and aesthetic gestures lined with emotions, Bandhas refer to a psychic action of locking prana (life force) in certain areas of the body. With Pranayama you learn to control the intake and outflow of breath which teaches a better understanding of how to connect body and mind.

Duration – 60 min, single US 100/ Couples US 120

A 12.5% VAT tax is included in pricing where applicable. All treatments 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. A maximum of 2 persons only is possible for the Detoxifying Through Yoga. All YOGA SPECIALITY ACTIVITIES require a consultation with the Yoga Instructor at the time of booking.

TRADITIONAL AYURVEDIC TREATMENTS

The following treatments are available on request.

Podi Kizhi (Herbal Powder Pouch Therapy)

Various Herbal Powders are mixed and enveloped in a muslin cloth creating a pouch. These pouches are then soaked in warmed herbal oils and used to massage the body. The combination of herbs, oils and massage can help relieve stiffness and inflammation in the joints and muscles, as well as remove toxins in superficial layers of skin. The digestive system is stimulated helping to improve metabolism and digestion, leaving you with an overall feeling of wellbeing.

Duration – 90 Minutes - US 180

Ela Kizhi (Herbal Leaf Pouch Therapy)

Various herbs are combined with garlic, lemon and grated coconut within muslin cloth creating a cloth pouch. These pouches are heated in hot oil and used to perform a therapeutic massage. This massage targets areas of soreness and inflammation resulting from injury, arthritis, nervous conditions and/or degenerative diseases. Ela Kishi can help slow the progression of autoimmune and arthritic diseases.

Duration – 90 Minutes US 220

Kati Vasti for the Back

Dough prepared fresh for each treatment is arranged in a ring on the lower back to hold medicated oil. Warm oil is poured into the ring and left for the body to pull nutrients in. Helps in relieving lumbar pain, nourishing muscles and tissues of the area, increasing blood flow and decreasing inflammation. Kati Vasti can be especially beneficial for degenerative disorders of the spine and Sciatica. This treatment can also be performed over the knee to hydrate the joint and over the neck to help with cervical spine issues.

Duration – 45min US 130

Masala scrub

This treatment uses a scrub made from exotic spices and herbs in an ayurvedic way which help to relieve sore muscles and improve blood circulation. You can also combine this scrub with a revitalising massage.

Duration – 45 min US 100

Duration – 120 min US 230 (scrub & massage)

