

yoga *Pilates & Holistic Wellness*

WITH CHAMU



Chamu is a dedicated Yogi, Pilates, Rehab, Corrective Exercise Specialist and Holistic Wellness Practitioner from India. She holds a Bachelor of Pharmacy and a Masters in Yogic Science and Naturopathy. As an International Yoga Alliance registered E-RYT 500 and RPYT 100 (Pre-natal Specialist) teacher trainer, she has over 17 years of extensive experience working across Yoga schools, fitness centers, wellness resorts, and corporate settings in India, Qatar, and St. Lucia.

Her journey began with over a decade at the renowned Dr. Asana Andiappan College of Yoga and Research Center in South India, where she served as a teacher trainer for Hatha Yoga and Naturopathy. She conducted Yoga Therapy sessions helping patients recover from various conditions such as postural issues, injuries, Sciatica, Diabetes, Hypertension, Migraines, Anxiety, Depression, Paralysis, hormonal and menstrual disorders, digestive and respiratory ailments and more.

Driven by a passion for continuous learning, she has expanded her expertise through courses in Pilates Mat and Reformer, Prehab and Rehabilitation, Posture Correction and Functional Training. Over the past five years, she has gained valuable experience in wellness resorts in Qatar and St. Lucia, providing care for clients

with orthopedic, post-surgical, neurological and sports-related injuries.

Chamu's approach is client-centered and results-oriented. She designs personalized wellness programs tailored to individual needs, fitness levels, and goals, ensuring clients are empowered to continue their wellness journey independently. Her holistic methods aim to promote healing, enhance well-being and foster long-term health.

Some of her Unique services include:

- Sports Massage
- Neuromuscular Release
- Shiatsu Massage
- Manual Lymphatic Drainage
- Muscle and Joint Pain Relief
- Spine Care Yogalates

BOOK A FREE WELLNESS CONSULTATION

Book a complimentary 15 min wellness consultation with Holistic Wellness practitioner.

For booking enquiries or to book your free Wellness Consultation with CHAMU – Contact Spa 6107/6137 or Guest Services 6152/5105

RELAX AND REJUVENATE WITH ALTERNATIVE HEALING THERAPY

SPORTS

To relieve severe tension in the muscle and connective tissues to help recovery and injury prevention. It involves techniques such as deep tissue manipulation, stretching and targeted muscle to enhance flexibility, circulation and faster recovery.

60 min US 150/90 min US 210

NEUROMUSCULAR RELEASE (NMR)

A specialized massage technique that focuses on relieving muscle pain and tightness by targeting the nervous system and muscle tissues. It involves applying precise pressure and stretching to trigger points to relax hyperirritable muscles, improve circulation, and restore normal function. This technique is often used to treat chronic pain, muscular imbalances, and injury recovery.

60 min US 150/90 min US 210

MYOFASCIAL RELEASE (MFR)

The therapy that targets the fascia, the connective tissue surrounding muscles and organs. MFR helps release restrictions, improve mobility, and alleviate pain caused by fascial tightness or adhesion.

60 min US 150/90 min US 195

MUSCLE AND JOINT PAIN RELIEF

Treat the underlying cause of pain with corrective exercise therapy and fix postural and alignment issues.

60 min US 150/90 min US 195

MANUAL LYMPHATIC DRAINAGE (MLD)

A specialized massage technique that stimulates the lymphatic system to enhance the body's natural detoxification and immune response. It helps reduce swelling, improve circulation, and promote overall relaxation and wellness.

60 min US 160/90 min US 195/120 min US 230

CRANIOSACRAL THERAPY (CST)

Gentle hands-on technique that uses a light touch to examine membranes and movement of fluids in and around the central nervous system. Relieving tension in the CNS promotes a feeling of wellbeing by eliminating pain and boosting health and immunity

60 min US 150

POSTURE CORRECTION AND ALIGNMENT

A special program for posture correction and alignment with functional training with corrective exercise therapy.

60 min US 150/90 min US 195

HIP AND HAMSTRING STRETCH

Help to ease discomfort in hip and hamstring to enhance enhance flexibility.

60 min US 150

PAIN MANAGEMENT AND INJURY PREVENTION

REHABILITATION/PREHABILITATION

Rehabilitation strengthens the muscles associated with injury by addressing pain, improved function, increased range of motion, proper alignment, and stability of muscles. Injury prevention and recovering injured areas through activation of muscles to fix your low back pain, rounded shoulders, tight hips and hamstring, knee pain and neck pain.

60 min US 150/90 min US 195

PILATES REFORMER

Reformer class works on balance, alignment, core strength and muscle tone with adjustment to suit individual strength and flexibility; focusing mainly to decrease pain and disability by increasing the range of motion against resistance.

60 min US 150/90 min US 195

YOGA & PILATES SPECIAL ACTIVITIES

PERSONAL TRAINING

A tailored workout program to help you achieve your specific health and fitness goals to improve strength, endurance, flexibility and overall well-being.

60 min US 150/90 min US 195

CHAKRA BALANCING

Chakra balancing is a holistic practice that aims to restore harmony and energy flow within the body's seven main chakras, or energy centers. Through techniques such as meditation, energy healing, or sound therapy, it seeks to promote physical, emotional, and spiritual well-being by clearing blockages and aligning the chakras.

(60 min US 150/90 min US 195)

SPINE CARE YOGALATES

A special program for spine care with combination of Yoga and Pilates for flexibility and strengthening of spine for injury and injury prevention.

60 min US 150/90 min US 180

YOGA FOR BEGINNER, INTERMEDIATE AND ADVANCED LEVEL

60 min US 130 single/150 couples.

PRE/POST-NATAL YOGA

60 min US 140

BREATH WORK AND PRANAYAMA

60 min USD 120

MEDITATION

60 min USD 120

PILATES MAT: Core Strengthening

60 min US 130