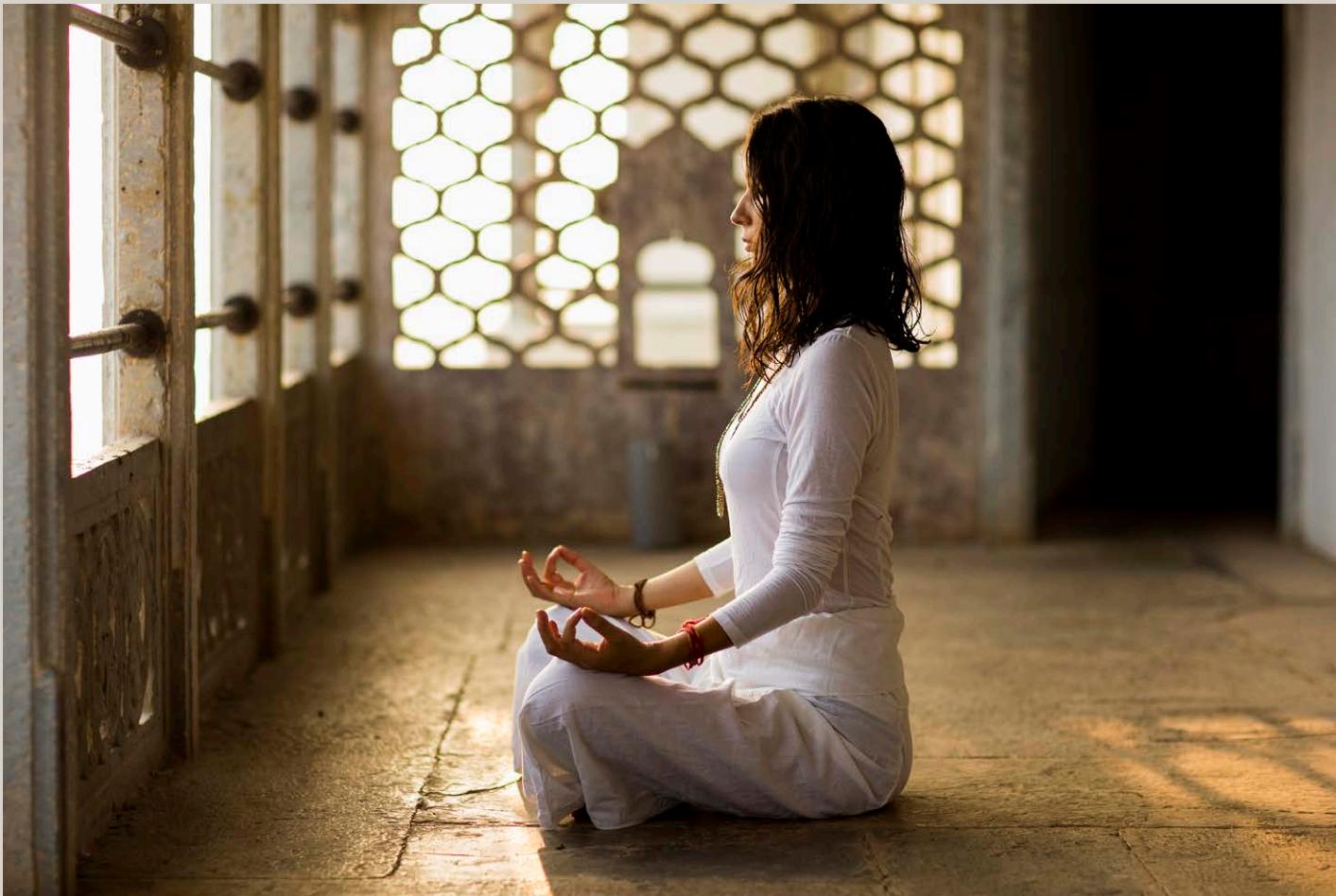




# WELLNESS EXPERIENCES BY JALA

Jala Spa & Wellness takes a “4 elements” approach to your health and beauty through carefully curated services that target physical health, mental clarity, emotional balance, and spiritual connection. Partnering with product houses that share our vision, let Jala take you on a new journey to help revitalise your mind, body and spirit.

Our range of wellness experiences have been designed to cater to the diverse needs of our clientele. Within the tranquil setting of Jabal Akhdar our Gurus at Jala Spa & Wellness combine ancient practices including yoga, meditation, sound healing therapy and modern fitness training to help you holistically rejuvenate, balance and feel emotionally reconnected.



## Yoga

Jala Spa & Wellness provides yoga experiences that draw from various traditional and innovative styles, catering to practitioners of all backgrounds who wish to experience the multifaceted benefits of yoga. Whether this is your first time, or you are a regular practitioner, our gurus are here to help and guide.

## Yoga Therapy

Yoga therapy is a specialized form that draws on yogic principles and practices to enhance both mental and physical well-being. Unlike typical yoga classes, yoga therapy is recommended to be conducted one-on-one with our wellness yogi.

The yoga therapy session will consider your age, physical ability, and unique needs so that our wellness yogi can tailor the session to address specific concerns. Each exercise and yoga pose will be clearly explained in terms of its cognitive framework and how it can address your specific issues.

## Meditation

Jala offers a practice that promotes present moment awareness while letting go of judgments. This mindfulness-based meditation can be a powerful tool to develop focus, encourage emotional balance, through permitting attention and developing self-awareness. This meditation practice aligns well with yoga's goals of unifying the mind, body and your breathing.

# Jala Sound Healing Therapy

Practicesed for thousands of years, sound healing is known to reduce stress, improve sleep and mental health plus even alleviate aches and pains amongst a host of other benefits.

Sound Healing Therapy at Jala uses the latest techniques and instruments in the world of sound healing. The powerful vibrational healing utilises specific harmonic frequencies to bring the body, mind, and spirit into a state of balance and harmony. Our emphasis is on sound healing's ability to clear energetic stagnancies, attune the body's vibration, and restore optimal energy flow and health through harmonic resonance.

This sound healing therapy is especially beneficial for the chakras or subtle energy centres, helping release blockages and realign the natural energetic flow within and around the body's energetic field. The vibrational sounds from our sound instruments are intuitively directed into different areas of the body by our gurus using ancient healing tools and crystal singing bowls leaving you feeling vibrant, energized, and happier.



## WELLNESS MENU

### Mindfulness Meditation

⌚ 45 minutes

Mindfulness meditation is a mental training practice that teaches you to slow down racing thoughts, let go of negativity, and calm both your mind and body. Our wellness guru will help you to combine meditation with the practice of mindfulness, helping you to be fully focused on “the now.” This will assist you to acknowledge and accept your thoughts, feelings, and sensations without judgment leading to reduced stress, anxiety, and depression, which in turn benefits both mental and physical health.

### Jala Sound Healing Therapy

⌚ 45 minutes

Sound Healing Therapy at Jala is a powerful vibrational healing technique that utilizes specific harmonic frequencies to bring the body, mind, and spirit into a state of balance and harmony. These vibrational sounds are intuitively directed into different areas of the body and leaving feeling vibrant, energized, and happier.

### Jala Yoga Therapy

⌚ 60 minutes

Taking your age, physical ability, and unique needs into consideration, our wellness yogi tailors your practice to address specific concerns. Each exercise and yoga pose are explained in terms of its cognitive framework and how it can alleviate your specific issues.

### Prenatal Yoga

⌚ 45 minutes

Prenatal Yoga is a wonderful way to maintain health and well-being during pregnancy. It helps to improve your mood and sleep, increase your strength and flexibility, and decrease lower back pain and other common symptoms of pregnancy.

### Full Moon Yoga

⌚ 60 minutes

Subject to weather permitting.

Full moon yoga invites us to honor the moon's cycles to find balance and connect with our inner selves. To elevate your Full Moon Yoga session, please consider other grounding rituals like moon baths, earthing, or release journaling to enhance your experience. Full Moon Yoga creates space for self-reflection and helps to release tension and unnecessary negative energy.



# PERSONAL TRAINING BY JALA

Jala takes an individualized approach by leveraging our knowledge to design well-rounded training programs. Our fitness gurus will select from a diverse number of exercise styles based on your assessment, combined with dietary recommendations to help establish habits for long-term wellness after your stay to help you achieve your goals.

## Bespoke Fitness Workout

⌚ 55 Minutes

Jala takes an individualized approach by leveraging their coaches' expertise to design well-rounded training programs. Guests get exposed to diverse exercise styles along with dietary recommendations to maximize results and establish habits for long-term wellness after their stay.

## Muscle Tightness Release (Foam Rolling)

⌚ 55 Minutes

Foam rolling is a self-myofascial release (SMR) technique. It can help relieve muscle tightness, soreness, and inflammation, and increase your joint range of motion. Think of it as a self-massage to release built-up tightness.

## Core and Balance

⌚ 55 Minutes

A series of exercises that will trigger activations for the abdominal and improve balance. Core exercises train the muscles in your core to work in harmony. This leads to better balance, posture and steadiness, also called stability.

## Fit Bench Functional Training

⌚ 55 Minutes

The Fit Bench is an adjustable, multi-functional bench that provides a wide range of exercise options. It features an adjustable backrest and angle, making it perfect for weight training, core conditioning, and other functional exercises. It's designed to make training more efficient, safe, and space-saving, suitable for both commercial fitness centers and home gyms.

## Move Better (Functional and Mobility Training)

⌚ 55 Minutes

Functional fitness training is a type of strength training that readies your body for daily activities. These exercises equip you for the most important type of physical fitness, the kind that prepares you for real-life, daily living stuff like bending, twisting, lifting, pushing, pulling and squatting.

## Hips Opening Stretches

⌚ 30 Minutes

Hip opening stretches, or hip openers, are a collection of exercises and yoga poses that target the muscles and joints in the hip complex. These poses gently stretch and open muscles in the hips, helping alleviate tightness and improve overall flexibility and mobility.

## Exploring the Neighborhood

⌚ 55 Minutes

Exploring the local area near the hotel to check various site seeing views. Outdoor walking refers to walking in natural environments, often on trails or paved paths. It is a recreational activity that promotes physical fitness and well-being.

## Engage Your Children into Wellness Journey

⌚ 45 Minutes

It's a holistic approach to help children grow physically, mentally, and emotionally. It's a wonderful way for kids to learn about themselves and the world around them while having a lot of fun.



## PERSONALIZED CONSULTATION

### Know About Your Body (Body Composition Analysis)

⌚ 30/60 Minutes

Body composition analysis is a method of describing what the body is made of, differentiating between fat, protein, minerals, and body water to give you a snapshot of your health.

### Food Intake (Nutrition Counselling)

⌚ 30 Minutes

To be able to give detailed personalized guidelines and recommendations on how much food and beverage should a client needs in order for them to safely achieve their fitness goal.

### Age Assessment

⌚ 30 Minutes

Fitness age is a scientific concept that estimates whether your body is biologically older or younger than your chronological age. It uses a few simple health measures to determine how fit you are compared to your actual age.

## Fitness Assessment

⌚ 30 Minutes

Fitness assessments are a series of tests that measure and monitor physical fitness level. The series of tests assess the five components of physical fitness that make up total fitness: cardiovascular endurance, muscular strength, muscular endurance, flexibility, and body composition.

## Body Alignment (Postural Assessment)

⌚ 10 Minutes

Postural assessment entails observation of static posture for alignment and visual and palpable assessment of paired anatomic landmarks for symmetry. The patient is instructed to stand still, with feet shoulder-width apart, face forward, and arms relaxed to the sides.

## Balance Assessment

⌚ 10 Minutes

The Balance Test assesses and measures an individual's ability to hold a series of balance positions, each more challenging than the previous. The inability to complete the test signifies an increased risk of falls.

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