



*Amilla*  
MALDIVES

## CONSUELO SAYORAN

1 AUGUST—31 AUGUST 2024

Meet Consuelo Saroyan: holistic healer, yoga trailblazer, and artist. With 18 years of global study, she blends ancient wisdom with modern techniques in her Conscious Body Therapy and Chakradarshan Yoga method. She also leads immersive retreats worldwide.

	MINUTES	USD
<b>CONSCIOUS BODY THERAPY – TCM TREATMENT</b>	75	250
Experience the transformative blend of ancient Tui Na techniques and innovative methods by Visiting Practitioner Consuelo Saroyan. Embark on a journey where Chinese medicine meets innovation, releasing tension and revitalizing energy flow with cupping, meridian stimulation, and gua sha tools. Harmonize your body, mind, and spirit with Conscious Body Therapy.		

Prices are in US Dollars per person and are subject to a 10% service charge and 16% TGST.  
Please book with your Katheeb(a) or contact Javvu Spa reception.

**SHIATSU NAMIKOSHI STYLE**

75 250

Namikoshi Shiatsu Therapy, Japan's primary form of shiatsu, applies pressure with thumbs, fingers, palms, elbows, and feet, targeting specific points to affect the nervous system and internal physiology. Sessions include a brief consultation, stimulating all body meridians, and promoting relaxation. Lasting 60 to 90 minutes, clients feel rejuvenated and deeply connected afterward.

**SHAMANIC DRUM JOURNEY – RITUAL HEALING**

60 180

In a shamanic drum journey, rhythmic beats guide you into a trance-like state, unlocking deeper consciousness. This transformative experience fosters emotional release and spiritual connection, promoting holistic well-being.

**MANDALA AND ALTAR ART CREATION**

- 45

Join Consuelo Saroyan in a transformative Mandala Art Ritual, where nature's beauty meets artistic expression. Using natural elements, weave a masterpiece of gratitude, honouring Earth's beauty. It's an enchanting journey of expression and connection, blending luxury, nature, and personal creativity.

*This is a group class with minimum 8 people. Priced per person.*

**CHAKRADARSHAN YOGA**

Welcome to Chakradarshan Yoga, a transformative practice focused on balancing your body's energy centers. Through carefully curated poses and movements, we stimulate and revitalize your chakras, promoting flexibility, clarity, and balance. Join me in this harmonious journey of well-being.

*Private class*

60 145

*Group class (minimum 4 people). Priced per person.*

60 45

**YIN YOGA**

Immerse yourself in Yin Yoga, a scientifically grounded practice targeting connective tissues and fascia. Prolonged holds promote flexibility and engage with the body's biomechanics. Experience a holistic approach to well-being through intentional poses and mindfulness.

*Private class*

60 145

*Group class (minimum 4 people). Priced per person.*

60 45

**PRANAYAMA AND MEDITATION**

Welcome to Consuelo Saroyan's Pranayama and Meditation session, a scientifically crafted exploration of breath work and mindfulness. Experience a structured practice integrating physiological principles for holistic well-being.

*Private class*

60 145

*Group class (minimum 4 people). Priced per person.*

60 45