



Amilla
MALDIVES

SENSEI KAROL HASEGAWA

11 MARCH TO 30 APRIL 2025

Welcoming Karol a wellness practitioner with 35+ years of experience in health and personal development. Karol blends modern sports medicine with traditional healing arts to empower individuals and transform well-being. Karol is excited to share his expertise with our guests.

MINUTES

COMPLIMENTARY CLASSES

Enhance your wellbeing with our thoughtfully curated classes, designed to inspire relaxation, connection, and balance. Choose one of the four options below to create a moment of renewal during your stay:

Movement Medicine: Yoga, martial arts, and mindfulness to energize and relax.	45
Chakra Meditation: Align energy centers for healing and balance.	45
Couples Massage: Learn simple techniques to relax and connect.	45
Mobility Class: Enhance control and flexibility with martial and nature-inspired movement.	45

*Per person for group bookings. 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.

THERAPEUTIC MESSAGES

MEDICAL MASSAGE THERAPY / CHRONIC PAIN RELIEF / NERVE ENTRAPMENT

Targeted treatments using deep techniques like myofascial release, trigger point therapy, and joint manipulation. Often paired with physiotherapy and corrective exercises for effective healing.

60 240
90 295

MARTIAL ARTS HOLISTIC MASSAGE

A blend of acupressure, stretching, and energy work inspired by martial arts and holistic healing to enhance circulation, relaxation, and energy flow.

60 240
90 295

SIGNATURE INTUITIVE BODYWORK

An intuitive combination of Hawaiian Lomi Lomi, Malaysian, Thai, and Asian massage traditions, tailored to individual energy and needs for deep relaxation and healing.

60 240
90 295

MARTIAL ARTS TRAINING

FILIPINO KALI

A dynamic martial art focusing on stick, knife, and empty-hand combat, emphasising fluidity, speed, and practical self-defence. Featured in films like The Bourne Identity and John Wick.

60 240
60 180*

KUNTAO SILAT

A fusion of Chinese Kuntao and Southeast Asian Silat, integrating strikes, grappling, joint locks, and weapons training for effective self-defence.

60 240
60 180*

PANGAMOT (FILIPINO BOXING)

Specialising in strikes, grappling, and weapons transitions, with Dumog techniques for clinches, throws, and joint locks.

60 240
60 180*

KAJUKENBO

A Hawaiian hybrid martial art blending karate, judo, kenpo, and boxing, focusing on strikes, joint locks, and grappling for practical self-defence.

60 240
60 180*

KICKBOXING / MARTIAL FITNESS

A full-body workout combining martial arts techniques, bodyweight exercises, and cardio for fitness and self-defence.

60 240
60 180*

WOMEN'S SELF-DEFENCE

Empowering techniques for situational awareness, boundary-setting, and self-protection to boost confidence and safety.

60 240
60 180*

HOLISTIC PRACTICES

TAI CHI & QIGONG

Gentle movements that improve balance, flexibility, and energy flow while promoting healing and stress relief.

60 240
60 180*

GUIDED MEDITATION, BREATHWORK & REIKI

A holistic session combining meditation, breathwork, and Reiki to clear blockages and restore balance on physical, emotional, and mental levels.

60 175
60 135*

YOGA & FITNESS

POWER YOGA

A vigorous practice blending strength, flexibility, and cardio for improved endurance and mindfulness.

60 175
60 135*

RESTORATIVE YOGA

A calming session with guided meditation and gentle poses to promote relaxation and spiritual awareness.

60 175
60 135*

TRADITIONAL HATHA YOGA

An ancient practice focusing on postures and breathwork to balance the body, mind, and energy channels.

60 175
60 135*

PHYSIO YOGA THERAPY / MOVEMENT MEDICINE

Customised yoga routines for rehabilitation, improving strength, flexibility, and body awareness while aiding recovery.

60 175
60 135*

PERSONAL FITNESS TRAINING

Tailored exercise plans for all ages, targeting strength, mobility, flexibility, and weight loss with mindful movement techniques

60 175
60 135*