



*Amilla*  
MALDIVES

## MASTER SIFU ANIKET

24 JANUARY—20 APRIL 2024

Master Sifu Aniket is an accomplished practitioner in Energy Healing, Meditation, and Martial Arts. Drawing from the traditions of the Himalayas, Sifu Aniket is an International Yoga teacher, a crystal-reiki master, sound healer, hypnotherapist, and a gold medal winner with black belts in Hapkido, Taekwondo, and Kung Fu.

	MINUTES	USD
<b>TIBETAN SOUND BOWL HEALING</b>		
Quantum healing with Tibetan singing bowls for deep relaxation.	60	240
	90	340
<b>ENERGY HEALING FOR EMOTIONAL BALANCE</b>		
This session merges Reiki and crystal healing, fostering transformative changes and addressing body and mind imbalances.	60	240
	90	340

Prices are in US Dollars per person and are subject to a 10% service charge and 16% TGST.  
For group session minimum 2 person required. Please book with your Katheeb(a) or contact Javvu Spa reception.

	MINUTES	USD
<b>BREATHWORK AND GUIDED MEDITATION</b>		
Purify energy channels, clear emotional blocks, and restore inner harmony.		
Individual	60	175
Group (priced per person)	60	135
<b>SHAOLIN KUNG FU</b>		
Master self-defence with Bruce Lee's 'Wing Chun' and 'Shaolin Chin-na' fostering mental focus, self-discipline, and emotion control.		
Individual	60	240
Group (priced per person)	60	180
<b>QIGONG TAI CHI CHUAN FOR HEALTH AND WELLBEING</b>		
Experience the meditation in motion with this non-competitive, gentle and graceful form of Internal Martial Art.		
Individual	60	240
Group (priced per person)	60	180
<b>KICKBOXING FOR FULL BODY WORKOUT</b>		
Fitness kickboxing is a high-energy practice blends martial arts with fast-paced cardio to deliver a challenging full-body workout.		
Individual	45	240
Group (priced per person)	45	180
<b>WOMEN'S SELF DEFENSE</b>		
Learn survival skills and practical way to counter aggressive attacks and develop confidence and mind-body coordination.		
Individual	60	240
Group (priced per person)	60	180
<b>SHAKTI YOGA (POWER YOGA)</b>		
A full body workout, targeting not only single muscles, but all muscle groups to enhance endurance, strength and flexibility.		
Individual	60	175
Group (priced per person)	60	135
<b>KUNDALINI YOGA FOR SPIRITUAL EVOLUTION</b>		
Elevate kundalini energy through yoga and meditation. Enhance creativity, charisma, and inner peace with regular practice.		
	60	175
	90	210
<b>FUNCTIONAL FITNESS TRAINING</b>		
Improve joint health, strength, co-ordination, balance & mobility.		
	60	175
	90	210
<b>TRADITIONAL YOGA FOR PHYSICAL AND MENTAL HARMONY</b>		
Hatha Yoga cleanses energy channels, promoting balance, health, and bliss.		
	60	175
	90	210

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# RETREATS

DURATION USD

## RELAXING AND HEALING RETREAT

Enhance your body's self-healing with our program for a relaxed and recharged mind, body, and spirit.

- Day 1 : Tibetan Sound Bowl Healing
- Day 2: Pranayama and Guided Meditation
- Day 3: Crystal Energy Healing.

3 days x 60 550  
5 days x 60 850

## YOGA RETREAT

Experience inner healing and rejuvenation with guided meditation, crystal reiki healing, yoga postures, pranayama, mantra chants, and a sound bath.

- Day 1: Traditional Hatha Yoga
- Day 2: Power Yoga
- Day 3: Kundalini Yoga

3 days x 60 450  
5 days x 60 750

## FITNESS AND MARTIAL ART RETREAT

Enhance fitness, gain self-defense skills, and boost overall health through diverse martial arts in this program. Ideal for a dynamic fitness journey.

- Day 1: Chinese Martial Art (Shaolin Kung Fu, Wing Chun)
- Day 2: Indian Martial Art (Kalaripayattu, Mardani Khel)
- Day 3: Korean Martial Art (Hapkido, Taekwondo)

3 days x 60 600  
5 days x 60 950