



MASTER SIFU ANIKET

24 JANUARY—24 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.

	SESSIONS	MINUTES	USD
TIBETAN SOUND BOWL HEALING			
Quantum healing with Tibetan singing bowls for deep relaxation.		60	240
		90	340
CRYSTAL ENERGY HEALING			
This session merges Reiki and crystal healing, fostering		60	240
transformative changes and addressing body and mind imbalances.		90	340
PRANAYAMA AND GUIDED MEDITATION			
Purify energy channels, clear emotional blocks, and restore inner	Individual	60	175
harmony.	Group	60	135
SHAOLIN KUNG FU			
Master self-defence with Bruce Lee's 'Wing Chun' and	Individual	60	240
'Shaolin Chin-na' fostering mental focus, self-discipline, and	Group	60	180
emotion control.			

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.

	SESSIONS	MINUTES	USD
TAI CHI CHUAN			
Experience the meditation in motion with this non-competitive, gentle and graceful form of Internal Martial Art.	Individual	60	240
	Group	60	180
KICKBOXING			
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	45	180
WOMEN'S SELF DEFENSE			
Learn survival skills and practical way to counter aggressive attacks and develop confidence and mind-body coordination.	Individual	60	240
	Group	60	180
SHAKTI YOGA (POWER YOGA)			
A full body workout, targeting not only single muscles, but all muscle groups to enhance endurance, strength and flexibility.	Individual	60	175
	Group	60	135
KUNDALINI YOGA AND GUIDED MEDITAION			
Elevate kundalini energy through yoga and meditation. Enhance creativity, charisma, and inner peace with regular practice.		60	175
		90	210
TIBETAN YOGA			
Discover Tibetan Yoga for vitality and mental well-being		60	175
		90	210
TRADITIONAL HATHA YOGA			
Hatha Yoga cleanses energy channels, promoting balance, health, and bliss.		60	175
		90	210

RETREATS

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

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