



Amilla
MALDIVES

PALLAVI SAWANT

16 DECEMBER TO 31 JANUARY 2025

Welcoming Pallavi Sawant: Holistic Wellness Practitioner. Pallavi is an Osho disciple and holistic healer, specialising in Biodynamic Craniosacral Therapy and Internal Organ Massage. With a unique blend of Tibetan singing bowl sound therapy, yoga, Zumba, and Chakra Dance, she invites you to experience a journey of harmonisation for body, mind, and soul.

THERAPIES

INTERNAL ORGAN MASSAGE (CHI NEI TSANG)

Chi Nei Tsang holds that emotions and stress can block organs, impacting health. This gentle abdominal massage releases blockages and boosts circulation, emphasizing the gut's role in well-being.

BIODYNAMIC CRANIOSACRAL THERAPY (BCST)

A gentle technique that promotes healing and balance. It alleviates stress and pain, enhances immune function, and improves mental clarity, providing relief from headaches and chronic pain.

MINUTES

USD

45

185

60

235

60

235

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.

	MINUTES	USD
SOUND HEALING THERAPY	30	125
Tibetan sound healing, rooted in Tibetan Buddhism, uses sound vibrations for healing and meditation. Handcrafted metal and crystal singing bowls promote relaxation, reduce anxiety, and release blockages. This practice can also enhance massage sessions for a deeper experience.	60	235
DETOX INTESTINE AND NASAL CLEANING		
Detoxing the intestine enhances digestion, boosts energy, strengthens the immune system, promotes weight loss, and improves mental clarity. Nasal cleaning (Neti) aids breathing, reduces allergies, prevents sinus infections, enhances smell and taste, and lowers stress. Both practices are vital yogic kriyas for purification and health, performed early in the morning on an empty stomach.	90	255
MEDITATION		
OSHO DYNAMIC MEDITATION		
This active meditation combines breathing, catharsis, mantras, and celebration to release emotions and energize the body. Benefits include emotional release, increased oxygen intake, and heightened awareness. It is performed early in the morning.	75	135
OSHO KUNDALINI MEDITATION		
Aims to awaken dormant Kundalini energy through four stages: shaking, dancing, sitting, and relaxation, promoting balance and harmony. It is performed at sunset.	75	135
FULL MOON AND NEW MOON RETUALS (IN THE GROUP)		
Full moon rituals focus on releasing negative energy and manifesting intentions, while new moon rituals involve setting intentions for new beginnings and fostering renewal. Both phases support spiritual and personal growth, aligning with natural cycles.	60	95pp
ZUMBA CARDIO WORKOUT		
A high-energy cardio workout combining various dance styles, it enhances cardiovascular fitness, flexibility, and coordination.	45	135
CHAKRA DANCE MEDITATION		
Chakra dance is an expressive movement practice that balances the body's energy centres, enhancing energy flow, emotional release, and self-awareness.	45	135
INTUITIVE DANCE MEDITATION		
Using body intelligence to move releases tension from the body and mind, acting as choreography for emotions.	45	135
YOGA		
ANTI-GRAVITY OR AERIAL YOGA		
Enhances flexibility and strength using a hammock.	60	135
AQUA YOGA		
Gentle yoga in water for low-impact stretching.	60	135

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.