

# THE ART OF YOGA & MINDFULNESS

WITH MARTIN TITO

Meet Martin, our wellness master who will guide you through yoga and calming meditation classes to help you feel truly relaxed from the inside out. With over eight years of experience across India, Sri Lanka, Seychelles, and the Maldives, he specializes in Reiki Healing, Yoga, Meditation, Healthy Nutrition, Pranayama, Yoga for Children, and Asian Massages.



FAIRMONT SPA

# MENU AT A GLANCE

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## **PRIVATE MEDITATION**

60 minutes | \$79++ per person

Enjoy a rejuvenating session of the mind and body as he takes you on a guided journey of self-reflection and finding your serenity amidst the tranquil surroundings of our idyllic island paradise. The session is designed for both beginners and those more experienced.

## **PRIVATE YOGA**

60 minutes | \$99++ per person

Take time to stretch, recover, and calm your mind with this private yoga class. This customized session will leave you feeling energized and rebalanced. Assisted stretching and posture correction will enhance your body's flexibility and alignment and create a deeper sense of mindfulness. All levels are welcome.

## **YOGA IMMERSION PROGRAMME**

60 minutes | 3 session | \$349 ++ per person

60 minutes | 5 session | \$579 ++ per person

Our Yoga Immersion programme allows you to give your body everything it deserves: improved strength and flexibility, better posture, and a relaxed mind.

## **YOGA DISCOVERY**

Perfect for beginners, discover the foundation and fundamentals of this ancient practice.

## **YOGA FOR FLEXIBILITY**

Stretch yourself to wellness and develop your most desired flexibility while reaping the benefits of Ashtanga and Yin Yoga.

## **YOGA THERAPY**

This program creates space in the whole body to integrate more movement into your life, implementing the fundamentals of Hatha Yoga with intuitive stretching.

## **YOGA FOR BALANCE**

Learn the methods for improving balance, concentration, and body awareness. Your practice will include hand balance, inversions, and the next level to all standing postures.

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Hours of Operations  
9:00 AM to 9:00 PM

Reservations:  
call +960 654 8888  
email [reservations.maldives@fairmont.com](mailto:reservations.maldives@fairmont.com)  
or book online at [www.fairmont-maldives.com](http://www.fairmont-maldives.com)

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