

Fusion Wellness Programme

Time	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
7:00 - 7:30	Ujjayi Pranayama Yoga studio	Nadi Shodhana Pranayama Yoga studio	Swara Pranayama Yoga studio	Kapalbhati Pranayama Yoga studio	Ujjayi Pranayama Yoga studio	Nadi Shodhana Pranayama Yoga studio	Swara Pranayama Yoga studio
7:45 - 8:45	Morning Vinyasa Flow Yoga Yoga studio	Hatha Yoga Yoga studio	Morning Vinyasa Flow Yoga Yoga studio	Hatha Yoga Yoga studio	Morning Vinyasa Flow Yoga Yoga studio	Hatha Yoga Yoga studio	Morning Vinyasa Flow Yoga Yoga studio
9:30 - 10:30	Power Yoga Yoga studio	Yin + Yang Yoga Yoga studio	Yin + Yang Yoga Yoga studio	Yin + Yang Yoga Yoga studio	Power Yoga Yoga studio	Yin + Yang Yoga Yoga studio	Yin + Yang Yoga Yoga studio
11:00 - 11:30	Mindfulness Meditation Yoga studio	Loving Kindness Meditation Yoga studio	Yoga Nidra Meditation Yoga studio	Breath Awareness Meditation Yoga studio	Mindfulness Meditation Yoga studio	Loving Kindness Meditation Yoga studio	Yoga Nidra Meditation Yoga studio
15:00 - 15:30	Cardio Exercise Center	Abs/Bums /Leg Day Exercise Center	Tabata Exercise Center	Cardio Exercise Center	Tabata Exercise Center	Abs/Bums /Leg Day Exercise Center	Cardio Exercise Center
16:00 - 16:30	TaichiQiqong (30') 1-6 movement Yoga Studio/ Spa Garden	TaichiQiqong (30') 1-6 movement Yoga Studio/ Spa Garden	TaichiQiqong (30') 6-12 movement Yoga Studio/ Spa Garden	TaichiQiqong (30') 6-12 movement Yoga Studio/ Spa Garden	TaichiQiqong (30') 12-18 movement Yoga Studio/ Spa Garden	TaichiQiqong (30') 12-18 movement Yoga Studio/ Spa Garden	TaichiQiqong (30') 1-18 movement Yoga Studio/ Spa Garden
17:00-18:00	Gentle Hatha Yoga studio	Hatha Restore Yoga studio	Gentle Hatha Yoga studio	Hatha Restore Yoga studio	Gentle Hatha Yoga studio	Hatha Restore Yoga studio	Gentle Hatha Yoga studio

Mindfulness is a path to wellness & happiness. Follow your spirit and join our complimentary wellness journey, empowering you to rejuvenate & heal.

- **Tabata** - it's 20 seconds of high-intensity work with 10 seconds of rest, repeated eight times for a total of four minutes.
- **Cardio** - boost your heart health, blast calories, and maximize your weight-loss potential.
- **Pranayama** - to boost your energy levels, both short term and long term, there is almost no better method than the regular practice of pranayama. These exercises have been developed and honed over thousands of years to bestow their powerful benefit.
- **Hatha Yoga** - is the foundation of all Yoga styles. If you are new or a beginner to Yoga, this style is perfect to practise the alignment of your body along with your breath awareness at a slower speed.
- **Power Yoga** - a more active class, designed to develop lean, core muscles, and improving your inner-strength and ability to focus. The class will experiment with more challenging poses.
- **Yin + Yang Yoga** - is the harmonious balance between soft + strong, calm + focused. The class will start with active 'yang' poses to warm the muscles, and finish with gentle 'yin' poses to develop flexibility in the body.
- **Vinyasa Flow** - 'Vinyasa' means 'to place in a special way' - expect to move your body with the breath, flowing with harmony in a moving meditation. A more active class, with options given for beginners and higher levels too.
- **Yin/Restorative** - brings you a relaxed and rejuvenated feeling through breathing deeply into longer held poses. No standing postures. Suitable for all bodies and all levels.
- **Meditation** - the ultimate goal of meditation is to bring harmony within through stopping the fluctuation of our mind.
- **Tai-Chi/Chi-Gong** - "Chi" is life force energy, the way to connect yourself to the universe, to flow in peaceful movement with breathing is a great way to achieve deep relaxation. The more you relax the more energy you get.

For more details please contact Maia Spa Wellness Center.