





REST AND YOUR ENERGY WILL BE RESTORED



**fusionresort**  
phu quoc

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

- **Hatha Yoga** - is the foundation of all Yoga styles. If you are new or a beginner to Yoga, this style is perfect to practice 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.
- **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.
- **Sun Salutation** - Surya Namaskar, or Sun Salutation, is a series of postures that warms, strengthens, and aligns the entire body.
- **Moon Salutation** - Like Sun Salutations, Moon Salutations can be included as part of a longer class, or practiced by themselves as a restorative sequence to cool and soothe the body.
- **Pregnancy Yoga** - Pregnancy is an amazing experience, It may also improve your sleep, reduce stress and anxiety, and increase strength and flexibility during childbirth.
- **Yoga Nidra** - Yogic sleep is a state of consciousness between waking and sleeping, like the "going-to-sleep" stage, typically induced by a guided meditation
- **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.*