



# FUSION WELLNESS

program

Time	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
8:30 - 9:30 Yoga studio	Vinyasa Yoga	Power Yoga	Yin + Yang Yoga	Stretching Yoga	Balancing Yoga	Hatha Yoga	Gentle Yoga
15:00 - 15:30 Yoga studio	Meditation	Pranayama	Meditation	Pranayama	Meditation	Pranayama	Meditation
16:00 - 16:30 Yoga studio	Taichi 18 Movements	Taichi 1-6 movements	Taichi 18 Movements	Taichi 7-12 movements	Taichi 18 Movements	Taichi 13-18 movements	Taichi 18 Movements



REST AND YOUR ENERGY WILL BE RESTORED



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

- **Vinyasa Yoga:** '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.
- **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
- **Stretching Yoga:** deep stretch, tension for the legs, back, and hips muscles
- **Balancing Yoga:** enhance the stability, strength of the legs as well as the body and practice the calm, balance, concentration and serenity in our soul.
- **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.
- **Gentle Yoga:** light, flexible exercises help us restore our bones and joints as well as our energy. Feel your deep breath, inside and completely relaxed
- **Meditation:** the ultimate goal of meditation is to bring harmony within through stopping the fluctuation of our mind.
- **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.
- **Tai-Chi:** "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.*