

THE AMALA WELLNESS STUDIO

Complimentary Morning Yoga & Sunset Meditation Sessions



Meet our Resident Wellness Master – Leona, a well-rounded International Wellness Specialist who has been extensively dedicated to the field of Wellness & Holistics for years. She combines Western physiology and aromatherapy, with traditional Chinese medicine wisdom and ancient Indian Ayurveda philosophy with yoga from the East. Leading the Wellness & SPA team at The Amala, she provides guests with a complete holistic and well-being experience. Stay at The Amala and join our complimentary morning yoga with mindfulness breathing, and her beautiful Sunset meditation with a Tibetan Singing Bowl. And we encourage you to purify more deeply, by booking a series of Wellness Master classes with Leona.

Morning Pranam : AROMA PRANAYAMA

30 mins

Morning Session: 8:00 ~ 8:30 every Monday, Wednesday & Friday

The Aroma Pranayama is a Tadasana Vinyasa Krama yoga practice. In only 30 minutes, you will start your beautiful day with the aroma of natural plant oils combined with gentle stretching techniques and with Ayurvedic breathing skills to embrace a deep healing. You will naturally boost the circulation of your blood stream and feel full of energy throughout the day.

Sunset Pranam : SINGING BOWL MEDITATION

30 mins

Evening Session: 17:30 ~ 18:00 every Tuesday, Thursday & Saturday

In just 30 minutes and with the calming sound of a Tibetan Singing Bowl, you will slow down the excitement gathered throughout the day: from sightseeing, shopping and touring to active work follow-up duties. After a simple body stretch, you will easily move towards a Savasana posture while letting yourself be taken away by the enchanting and steady melody from a healing Tibetan bowl. After this captivating evening meditation ceremony, your ever-relaxed mind and soul will enable you to fully enjoy the peaceful and mystical Balinese nights.