



Six Senses Spas - Yogic Programs

Why Yogic Programs

- Going back to basics, focusing on ancient knowledge and practice that is accepted worldwide. 'Ancient and historically authentic...it's the new spa-modern' as identified by the 2013 SpaFinder 2013 trends.
- Holistic and non-invasive programs delivering results.
- Offering options for novices and well-seasoned Yogis.
- Yogic Detox provides an alternative to extreme and punishing detoxes.
- Although a company-wide initiative, each location will have individual touches such as local treatments and cuisine.

Yoga is an ancient and profound system of holistic health bringing the body and mind together in order to reconnect, balance and restore perfect health.

At Six Senses Spas, we help people reconnect with themselves, others and the world around them. For it is only when we reconnect with ourselves that our connections with others become truly meaningful.

I. Discover Yoga

Target audience:

Yoga novices and guests wishing to try yoga as a form of body and mind exercise.

Programs:

3 to 21-night retreats including daily private sessions of yoga, meditation and pranayama combined with signature treatments.

Hatha Yoga

Historically 'hatha yoga' is a core philosophy of all forms of modern yoga school and teaching styles.

Hatha yoga simply means the state of equilibrium between "Ha and Tha" energy, respectively it is known as lunar (mental/emotional) and solar (physical) energy.

The principle behind hatha yoga is to establish natural and spontaneous harmony in one's own existence. As a result, one finds the perfection and balance in their mind (intellect), heart (emotion) and hand (deeds). This is the true aim of hatha yoga.

In the 'Discover Yoga' program, we are initiating basic hatha yoga, which is most often described as gentle, basic and with a minimum and effortless flow between poses. A hatha class will be a slow-paced stretching class with some simple breathing exercises and seated meditation. This is a good place to learn beginners' poses, relaxation techniques, and become comfortable with yoga.

Guided meditation

This is a form of meditation where a guest is verbally guided into a state of consciousness by the teacher's voice. This process and practice of meditation teach guests how to relax the entire body, clear the mind, concentrate on breathing, and focus one's awareness and attention.

By learning and maintaining the steadiness of the body and regulating the pace of breath we are letting our mind relax and calm. This is the key to overcoming stress and restless mind.

Pranayama

Breath provides a fundamental ground for us to explore the inner world through our external existence. It is a medium through which the mind moves/travels and expresses itself in a different dimension of our existence.

Pranayama practices restore the correct breathing pattern which helps to relax muscles and leads to better co-ordination during yoga practice.

Pranayama in itself is a premeditative practice enabling us to calm the extrovert tendency of the mind and minimize our thought process, ease the arousal state of our nervous system, and thus allow us to improve the quality of our meditation practice.

The following pranayama basics will be used during the 'Discover Yoga' program:

- ✓ Natural breathing
- ✓ Yogic breathing (full breathing)
- ✓ Brahmari Pranayama (humming bee sound) - the effect is tranquilizing for the whole nervous system, thus very effective for stress and sleep disorder

- ✓ Nadi Shodhan Pranayama (level I) (alternate nostril breathing) - inhaling and exhaling through alternate nostrils balances the flow of vital energy in both side of the brain. It improves the energy distribution and function of internal organs.
- ✓ If the guest opts for a longer-stay program, then 'Bastrika pranayama' will be introduced as per the guest's progress report.

Treatments

A variety of **Six Senses signature massages** which go beyond the traditional muscle strokes, employing mindful techniques such as awareness, breathing, conscious touch and energy, and delivering a truly tailor-made and personal experience.

Signature facials and energy treatments such as Chakra Healing and Reiki.

The programs are supported with wellness cuisine and customized mini bars.

Benefits:

- An introduction to daily practice of maintaining body and mind balance.
- Using this practice to relieve a variety of modern day concerns, be they stress management, periods of mild depression, muscle stiffness caused by sedentary lifestyles, etc.
- Developing the ability to control one's state of mind.
- This practice assists in overcoming self-limiting thoughts, as it requires discipline and commitment.
- Keeping the body strong, centered, powerful and flexible.

The ultimate goal is to develop an understanding of how the body engages in each posture, while the Yoga masters guide one's awareness to specific areas and aspects of the practice to enhance the body's natural intuition.

II. Yogic Detox

Target audience:

Ideal for more experienced Yoga practitioners.

Programs:

5 to 14-night retreats drawing upon different hatha yogic cleansing techniques (Shatkriya) to detox in a natural and effective way.

In yogic detoxification, aspects of asana (hatha yogic postures), pranayama, meditation and a balanced diet are incorporated along with Satkriya to offer a profound experience. These programs are complemented by a variety of detox and energy treatments.

Hatha Yogic Postures aiding the detoxification process include:

Pawanmuktasana, part 1 - a systematic joint movement practice to release joint stiffness and provide better mobility which improve blood circulation and thus prevent the collection of toxins around the joint area. It is also known as anti-rheumatic practice.

Pawanmuktasana, part 2 - an abdominal group of the asanas which strengthen abdominal and lower back muscles and supports the Yogic intestinal wash known as Laghoo Yoga posture.

Surya Namaskar - a systematic movement of the body in the sun salutation to activate and improve lymphatic circulation.

Standing Pose - selective standing poses are used in LSP (Laghu Shankha Prakshalanam).

LSP is practiced after taking two glasses of lukewarm salty water.

- *Tadasana* (palm tree pose) pulls the water into the stomach and loosens the intestines.
- *Tiryaka Tadasana* (swaying palm tree pose) helps the water move through the pyloric sphincter from the stomach to the duodenum.
- *Katichakrasana* (west rotation) activates the small intestine and induces the intestinal pulse to help water flow smoothly.
- *Tiryaka Bhujangasana* (twisting cobra pose) stimulates movement in both the small and large intestines and helps to open the ileocecal valve between the ileum and the caecum.
- *Udarakarshanasana* (abdominal stretching pose) brings water up through the ascending colon and stimulates the clearing of the sigmoid colon and rectum.

As a result there is a strong bowel movement after several rounds of the practice.

Satkriya

These are yogic techniques used to cleanse the internal organs. According to hatha yoga, there are six cleansing techniques used to remove the waste materials of our internal organs which are not expelled normally. The aim is to achieve harmony between the major pranic flows and attain physical and mental purification balance.

The following Satkriyas techniques will be used in the Six Senses Yogic Detox:

1. *Jala Neti* is performed with warm saline water to clean sinus cavity. It is very effective in treating cold and sinus problems, and it improves concentration, insomnia and prevents ENT (ear, nose and throat) infections.
2. *Dhauti* - 2 Lagoo Shankh Prakshalana (LSP) or Yogic Intestinal Wash.
3. *Kapalbhati* (forceful exhalation breathing) strengthens the nervous system and assists in dealing with emotional conflict and stress. It has a cleansing effect on the lungs and it is known as a good practice for respiratory disorders. (Only to be practised following a guest's assessment)
4. *Trataka* (candle flame meditation) is a practice of steady gazing at an object or one point like a candle flame to help develop the power of concentration. It also strengthens the optic nerves, and cleans and fortifies the eyes. In general, this practice strongly improves the visualization power that boosts creativity of our minds. (Only to be practiced following a guest's assessment)

Pranayama and meditation

Basic pranayama practices are the same as in the 'Discover Yoga' program and other elements will be introduced based on guest's physical condition. These would include:

- *Ujjayi breathing* (psychic breathing) used in meditation process for holding awareness in particular area on the body.
- *Nadi Shodhan* (alternate nostril breathing) level I and II
- *Bhastrika Pranayama* - rapid forceful breathing through abdominal muscles.

Treatments

Examples include a detox massage, detox scrub and wrap, Reiki etc.

Benefits:

- Stimulating the liver to filter toxins from the body with Laghoo Shankh Prakshalan. No other method or medicine compares with its effectiveness at cleansing the small and large intestines, aside from prolonged fasting. With Lagoo Shankh Prakshalana, the entire cleansing is completed within five hours.
- Improved circulation of the blood and lymphatic systems.
- Increased levels of energy, more clarity and quieter mind.
- Resting the digestive system through sensible eating of whole foods.
- Lifestyle guidelines to continue healthy lifestyles at home.

The ultimate goal is to detoxify the body and mind in a controlled and safe manner.

III. Yogic Sleep

Target audience:

Ideal for novices as well as more experienced yoga practitioners.

Programs:

3 to 14-night retreats with a specific focus on yoga nidra combined with guided meditation, pranayama and relaxing spa treatments.

Yoga Nidra

Also known as yogic sleep or sleep with awareness, yoga nidra is a deceptively simple practice taught lying down and initially guided by a teacher. It is an ancient practice that intends to induce full body relaxation and a deep meditative state of consciousness, and address our psychological, neurological and subconscious needs.

Yoga nidra provides a set of mind-body tools that can help us navigate some of life's harshest moments. It can be also practiced as a form of meditation for those seeking everyday well-being.

In a typical session, a yoga teacher guides practitioners through several stages. It starts with the development of an intention for your life and for the practice. Then you learn to focus your awareness on your breath, bodily sensations, emotions and thoughts. Throughout, you are encouraged to tap into an underlying sense of peace that is always present and to cultivate "witness consciousness," observing and welcoming whatever is present without getting caught up in it.

Regular practice enables practitioners reach the most profound level of relaxation, improve sleep patterns, and boost immune system, while allowing them to see themselves and their lives in the most positive light possible.

Yoga Practice

The combination of simple and effective stretching yoga poses is very effective with yoga nidra and meditation. The goal is to release muscles and joint tension in order to maintain steadiness of the body during practice.

10-15 minutes of yoga at the beginning of yoga nidra and meditation:

1. Spinal stretching/twisting
2. Forward bending
3. Backward bending
4. Shoulder rotation and butterfly pose etc.

Pranayama and meditation

Basic practices remain the same; others will be adapted to specific guest's needs.

Treatments

Examples include foot acupressure, Reiki, holistic massage etc.

Benefits:

- Improved sleep and quality of relaxation.
- Yoga nidra is an effective management tools for hypertension and heart ailment.
- Yoga nidra is used anger management as it reduces stress hormone and sympathetic nervous arousal.
- Yoga nidra has restorative and regenerative effects at cellular and tissue levels that improve longevity and lead to better health.
- Yoga nidra improves immunity, enhances memory and learning capacity.
- Developing emotional control
- Practice of yoga nidra is an art of self-healing and assists in developing emotional control.

Dorelal Singh**The face of Six Senses Yogic programs**

Dorelal is one of the leading Yogic practitioners who has spent many years studying, practicing and teaching a variety of different forms of yoga and yogic philosophy. Dorelal is a Master in Applied Yoga Science from the most traditional of Yoga Institutions in the World, the Bihar School of Yoga. Having worked for many years at World No.1 Destination Spa "Ananda in the Himalayas", he also travelled to teach in Russia, Korea and other countries in Asia.

His role is to support the launch of Yogic programs, while enhancing Yoga techniques of existing Yoga teachers.