

### Chakra Meditation

Tuning with inner awareness by using specific sound called "Bija Mantra". Keeping the chakras in balance has been linked to maintaining mental and physical wellbeing. Through chakra meditation, you can improve the balance of your key chakras and bring your health and mental attitude into a more peaceful state releasing the pranic and physiological blockage to activate "Kundalini Energy". It is considered as one of the best healing meditation.

### OM Meditation

Meditation that involves the chanting of 'Om' or 'Aum' is called Om meditation. Om is the first sound that emerged from the vibrations of the cosmic energy that created the universe. Chanting Om will give you a sense of the source of the universe and when chanted right, Om's sound reverberates through your body, filling it with energy and tranquillity.

### Trataka

Trataka involves a series of eye exercise and gazing on candle light or one object. This form of meditation allows the person gazing to go through their higher consciousness state of mind. This practice enhances the memory and sharpens mental focus. Direct gaze of neutrality can heal and give you the instant ability to contact your own higher guidance.

1 hour

### Cyclic Meditation

Developed to alternate stimulation and relaxation to go into deep silence through a combination of yoga postures, breathing, chanting and deep relaxation techniques. Cyclic Meditation relaxes the body through total body awareness and bestows a deep silence of mind. In the end one should feel much calmer and are ready to face the everyday grind.

### Therapeutic Yoga

This involves a specially designed set of yoga postures, pranayamas (breathing exercises) and relaxation techniques, after a brief health assessment. These sessions are designed to promote general well-being and relieve the body & mind from responses caused by physical, emotional or physiological trauma and modern life stress.

### Yoga Nidra

Yoga Nidra or yogic sleep is a state of consciousness between waking and sleeping. This is a guided spiritual method of inducing complete physical, mental and emotional relaxation until you reach a state of deep sleep with your consciousness remaining awake. Functioning at a deeper level of awareness, your mind will open up to deep spiritual insight.

### Pranayama

Yoga Breathing or Pranayama, is the foundation of yoga practice. It begins with deepening breathing then moves into more advanced breathing exercises. Pranayama is considered as one of the highest form of purification and self-discipline, covering both mind and body. Right ways of breathing enhances quality of life, conscious living and mind-body-soul discipline. Pranayama has significant benefit on several daily health issues like stress and psychological well-being. It works by removing of blockages in Nadi (Internal Energy Channel) and Chakra.

### Mindful Meditation

Mindfulness is the psychological process of bringing one's attention to the internal and external experiences occurring in the present moment, which can be developed through the practice of meditation and other training. It significantly enhances the sensory perception, releases the past memory and self-corrects extended awareness.

### Detoxify Meditation

Meditation to cleanse the mind and body that help release pranic and physiological blockages by using breathing techniques and meditation. It is been shown to ease depression, improve mental function, reduce stress and anxiety. It also reduces thought patterns, or attachments to negative feelings that actually influences physical chemistry

60min: **RM200** (Single), **RM300** (Couple)

90min: **RM250** (Single), **RM350** (Couple)

All prices are in Ringgit Malaysia and subject to change without notice. All prices are subject to 10% service charge. Prices stated are exclusive of Service Charge.

Please contact V Botanical Spa at Ext 591, or V Wellness Desk at Ext 556 for enquiries and arrangements.