

A woman with dark hair, wearing a black sports bra and leggings, is captured in a yoga pose. She is looking directly at the camera with a focused expression. Her right arm is bent at the elbow, with her hand near her shoulder, and her left arm is extended outwards. She is wearing a black smartwatch on her left wrist. The background is a solid, vibrant red color.

SHANTI SPA

MAURICE

# HOT YOGA

## HEALTH & WELL-BEING

Unleash a new “You” with our hot yoga sessions on offer at our holistic Shanti Spa. Combining a blend of poses performed in an artificially heated environment; restore and nurture your body, mind and spirit beyond compare.

# SHANTI SPA

MAURICE

## Go off the grid for an hour of pure bliss...

Our certified Yoga Master will adjust the room temperature to your given body type and warmth or as you so choose, anywhere in between 92 degrees Fahrenheit (33 degrees Celsius) to 105 degrees Fahrenheit (40 degrees Celsius).

## Benefits of hot yoga

-  Improves posture and flexibility
-  Straightens and strengthens the spine
-  Increases energy flow
-  Reduces stress
-  Promotes effective and efficient breathing
-  Detoxifies the whole system
-  Aids in digestion and facilitates weight loss
-  Rejuvenates and nourishes the skin

## How to prepare for a session

First things first, condition yourself ahead of time. Come properly hydrated and watch what you eat before the session. Try showing up with a relatively empty stomach. Remember to keep a towel and bottle of water handy.

## What to expect during a session

The goal of the session is to sweat out as much toxins as possible. Some postures can be pretty daunting whilst acclimatizing to the heat of the room. Just keep your eyes open. Breathe in and breathe out - notice how your breathing pattern changes and becomes more fluid.

Your sensory awareness will heighten with the bodily functions balancing and aligning your chakras. Bask in your own new-found glory.

## What to expect after the session

After you've done stretching your muscles, joints and ligaments; you'll feel both shaky and empowered. Most importantly, the hot yoga session will instill you with a sense of calm, well-being and serenity.

Your body will stimulate its own healing process upon pumping freshly oxygenated blood all throughout.

**Duration: 60 minutes | Price: Mur 2,500 per person**

