



Fitness + Float Renewal Experience

A SELF-GUIDED WELLNESS JOURNEY

Welcome to a new way to restore balance. This self-guided experience blends invigorating movement in our Fitness Center with a calming, restorative float in the heated indoor pool.

Designed to support both body and mind, this journey promotes circulation, reduces tension, and brings you back to center.

HOW IT WORKS

- Begin with gentle warm-up movement.
- Choose either a cardio or strength-focused sequence.
- Transition to the indoor pool for your float therapy reset.

**Move mindfully. Breathe deeply.
Allow your body to recover as
the water supports you.**





Your Self-Guided Journey

STEP 1 WARM-UP (3–5 MINS)

Prepare your body with light movement.

- Slow treadmill walk or elliptical glide
- Gentle dynamic stretches: arm circles, hip rolls, side bends

Focus on lengthening your breath and warming the major muscle groups.

STEP 3: WATER FLOAT THERAPY (8–12 MINS)

Transition to the heated indoor pool for a calming, weightless reset.

How to Float

- Lie back in the water with ears submerged
- Support your arms slightly out to the sides
- Relax your legs and soften your breath
- Close your eyes and allow the water to carry you

As your body becomes buoyant, tension eases from the spine and muscles. Let the warmth of the water encourage deep relaxation and emotional quiet.

GUIDED BREATHING

Inhale for a count of four.

Exhale for a count of six.

Let each breath soften the body a bit more.

FLOAT MANTRA

"I release stress and welcome balance.
I am supported. I am renewed."

STEP 2 CHOOSE YOUR WORKOUT PATH

Select the flow that feels right today.

Cardio Activation (10–15 minutes)

- Treadmill or bike at a steady, moderate pace
- Keep breath rhythmic and controlled
- Aim for a pace that energizes without overexerting

MINDFUL FOCUS

"I build energy with every breath."

STRENGTH RESET (10–15 MINUTES)

- Light dumbbell circuit or resistance band work
- Core-focused movements for stability
- Slow, intentional reps to build heat and alignment

MINDFUL FOCUS

"I move with strength and purpose."

STEP 4 GENTLE RE-ENTRY (2 MINS)

- Move slowly as you stand.
- Take a final deep breath.
- Notice the clarity and calm the water has created.

**WE INVITE YOU TO FINISH YOUR
JOURNEY IN THE SAUNA FOLLOWED
BY A RELAXING SHOWER.**

Thank you for experiencing the
Fitness + Float Renewal Journey.

May this blend of movement and water therapy
restore balance, energy, and well-being during your
stay at **Shangri-La Resort.**