

DIWAKAR RAI

Resident Yogi

Choose from a curated selection of holistic treatments designed to restore physical and mental harmony. Our wellness menu features therapeutic bodywork like acupuncture and cupping, paired with immersive sound baths and guided meditation. For active rejuvenation, select from dynamic offerings including Power Yoga, Animal Flow, and engaging Kids' Yoga.

XANADU



TREATMENTS & ACTIVITIES

by Diwakar Rai

SOUND HEALING | 60 MINUTES — $90

Enhanced by ancient healing traditions, immerse yourself in the soothing vibrations of singing bowls, gongs, and therapeutic instruments. This mindful sensory journey is designed to promote deep relaxation, emotional balance, and inner harmony.

GROUP SOUND BATH | 60 MINUTES — $30

Surrender to an immersive journey of sound as resonant tones gently wash over the body and mind. A deeply relaxing experience ideal for slowing down, releasing tension and reconnecting with stillness.

AURICULAR ACUPRESSURE & ACUPUNCTURE | 60 MINUTES — $100

Explore traditional ear-based wellness techniques using gentle acupressure or fine needles applied by a qualified practitioner. A personalized experience intended to support relaxation and overall wellbeing, following an individual consultation.

OIL CUPPING THERAPY | 60 MINUTES — $110

DRY CUPPING THERAPY | 30 MINUTES — $60

Experience a traditional bodywork technique using specialized cups to create gentle suction on the skin. This personalized treatment may help ease muscular tightness and promote relaxation.

TRATAKA CANDLE-GAZING MEDITATION | 20 MINUTES — $20

Practice a traditional yogic concentration technique by resting your gaze on a steady candle flame. Cultivate attentional focus, mental clarity and a quieter meditative state through guided practice.

YOGA NIDRA | 45 MINUTES — $45

Enter a guided state of deep relaxation while remaining comfortably supported in stillness. Through body awareness, breath and visualization, nurture a sense of calm, restoration and inner spaciousness.

PRANA MEDITATION | 45 MINUTES — $45

Reconnect with your natural rhythm through mindful breathing, energy awareness and guided meditation. A grounding practice to cultivate presence, inner balance and a renewed sense of vitality.

FLOW YOGA | 60 MINUTES — $60

Move gracefully through fluid sequences synchronized with conscious breathing. This adaptable practice develops mobility, balance and body awareness while creating a meditative connection between movement and breath.

POWER YOGA | 60 MINUTES — $70

An invigorating, strength-focused practice combining dynamic sequences, balance and controlled breathing. Build functional strength, stamina and flexibility through an energizing session tailored to your ability.

ARM BALANCES | 60 MINUTES — $70

Explore the art of lifting and balancing through progressive yoga postures that develop core strength and upper-body stability. Refine alignment, confidence and concentration with expert guidance and appropriate modifications.

KIDS' YOGA | 60 MINUTES — $60

An imaginative introduction to yoga through playful poses, animal movements, breathing games and simple mindfulness activities. Encourage creativity, coordination, confidence and relaxation in a fun, environment.

CHAR VINYASA ANIMAL FLOW | 60 MINUTES — $70

Explore a playful, flowing yoga practice inspired by the movements of animals, blending dynamic transitions, creative poses and mindful breathing. Build strength, mobility, coordination and balance while reconnecting with the body's natural rhythm through an imaginative movement experience.

All prices are in US dollars and subject to additional 10% service charge and 17% government taxes