

**YOGA AND MEDITATION (60 MINUTES) IDR 300.000/PERSON** \*except Prenatal Yoga**Hatha Yoga**

In a Hatha yoga class, the postures/Asana will vary according to the needs and conditions of the students. Whether that be on a general level such as for improving flexibility, relaxation and de-stressing, or for more specific needs such as surfing, golfing or diving. Hatha yoga is also aimed to develop strength, stamina, concentration, and to bring peace and calmness to the mind on a more subtle level. The Hatha class is suitable for all levels of ability, as an introduction to the fundamentals of yoga or to deepen one's knowledge of Asana for the advanced yogis. Hatha Yoga derives from the scriptures of the Hatha Yoga Pradipika. It is the basis of all of the following more specific yoga styles.

**Vinyasa Yoga**

Hatha Yoga postures are connected through breath, movement, and music creating a more dynamic class. The benefits of Vinyasa flow are reducing fat, boosting power and body flexibility.

**Restorative Yoga**

A therapeutic style of yoga utilizes props to ease the body to get into certain poses, and thus, surrender to the pose. Practicing poses using props provides a completely supportive environment for total relaxation. The more your body is supported in the poses, the deeper the sense of relaxation. Poses can heal and renew the whole body both physically and emotionally.

**Fit Ball Yoga**

The yoga poses that are combined with the stability ball as props. Doing this kind of yoga increases muscle strength, and body balance. Systematic exercises with yoga fit ball will launch circulatory system, train the muscle, and increase the body's metabolism system.

**Tantra (Couple) Yoga**

A Tantra Yoga is a yoga exercise for a couple in order to connect with others and the universe. Practicing consistently can help you adjust to your ability to achieve your goals. When you do it with a partner, it can deepen your relationship. Tantra yoga brings the whole body and the whole person into the self and works with five different bodies: physical body, energetic body, mental/emotional body, a body of wisdom (inner teacher), and body of happiness.

**Prenatal Yoga IDR 400.000/Person**

A specific yoga for a mom to be. Prenatal yoga consists of Asanas (postures) which is created for the mommy to be more flexible and relax in daily pregnancy activities. Pranayama (breathing technique) which could help mommy practicing the breathing helps the birthing process and relax the body. Meditation help mommy to be calm, relax and also be connected to the baby.

- Open daily from 10.00 am to 7.00 pm
- Advance booking is advisable, dial 0 for reservation
- All prices are subject to 11% government tax and 10% service charges

## **Meditation**

Meditation is a combination of controlling the breathing, focus, and concentration, energy movements as well as refreshing your mind and body. If you lead a stressful lifestyle, it is important to learn how to switch off at the end of a busy day with therapies or practices that can easily be incorporated into your lifestyle. Never use lack of time as an excuse to prevent yourself from meditating. It focuses your thought and is a great way to calm your mind and body. There are many different movement techniques of meditation such as Chakra meditation, happiness meditation and chanting meditation. Some of which are best taught by an expert. Try to follow some of the meditation technique with our qualified instructor and absorb the right thoughts and energy to your body and try to practice the technique routinely in your daily life.

## **PILATES (60 MINUTES) IDR 300.000/PERSON**

### **Mat Pilates**

Mat Pilates is a combination of art and sport to shape lower part of the body and strengthens cores, giving priority to caring for body shape. The flexibility of the motion is designed to perform balanced control, strengthen the muscle and can reduce any pain related to the spine.

### **Water Pilates**

Water Pilates is aerobic gymnastics being performed in the water or a pool depth of 1.4 m or as high as the adult's chest, which combines with the music and the movements with props such as floating sponge-noodle.

## **MARTIAL ARTS**

### **Tai Chi (60 Minutes) IDR 300.000/Person**

It has been proved that a regular practice of Tai Chi relaxes and de-stresses the muscles and nervous system, boosts metabolism and enhances the power of the immune system. It also improves posture, flexibility, and circulation. Tai Chi involves series of slow movements. 7 of them in the shorter sequence takes about 60 minutes to complete this exercise, and 21 movements in the longer sequence. These movements help to balance the flow of energy (chi) within the body. In Bali, Tai Chi is practiced outdoor especially on the beach or grass area, in order to absorb the energy emitted by the universe.

### **Sense of Balance (60 Minutes) IDR 300.000/Person**

It incorporates the move of Tai Chi, yoga, and pilates. Sense of Balance is to train the body's balance and strengthen the muscles and the lower body, relaxing movement. Therefore it is beneficial to balance body systems because it unites relaxation and meditation movement so that it can reduce stress, disease prevention, as well as harmonizing body, mind and emotions.

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## **Cardio Boxing (60 Minutes) IDR 350.000/Person**

Cardio Boxing is an exercise that gives the benefits of waging a blood circulation while burning fat by using technical boxing, kickboxing, and some martial arts technique. Cardio boxing exercises can be performed using boxing tools or without the tools.

## **SPORT (60 Minutes) IDR 300.000/Person**

### **Training Resistance Exercise (TRX)**

The TRX System, also known as Total Resistance eXercise, refers to a specialized form of suspension training that utilizes equipment developed, a type of exercise that refers on body weight by using the means of a rope. These ropes are packaged to allow its users to practice the balance. Although it looks simple, this sport TRX could train the entire body. In every movement, it involves all parts of the body muscle. TRX also trains your balance, core, endurance, mobility, stability, balance and flexibility.

### **Weight Training Programs**

Weight training exercise is a type of strength training exercises in which you use the force of gravity to build muscle strength, often through the use of fitness equipment such as dumbbells, barbell bars or gym equipment.

### **Total Body Workout**

Using light to moderate weights with lots of repetition. It gives you a total body workout as well as burning up calories. Instructors will coach you through the scientifically proven moves and techniques to pump out your energy and motivation. Great music helps you to achieve much more than you do on your own! You'll leave the class feeling motivated, ready to come back for more. Body workout is available as a 45-minute workout and continues with 10-minute cooling down.

## **Tennis Coaching (60 Minutes) IDR 300.000/Person**

Creating a fun and enjoyable environment is the most important of tennis coaching. Tennis is considered as a recreational sport for many, but to be able to encourage young or older to learn tennis sport activities and develop their interests in tennis. It is important to make the tennis classes fun and enjoyable. Coaches will try their best to keep the players too voluntarily and happily to their tennis classes

## **Tennis Partner (60 Minutes) IDR 300.000/Person**

Sometimes you lose, sometimes he loses. No matter how well you play, a great partner will never destroy his attitude or ruin the match even when you hit some good shots, ace some serves, run down balls that appeared to be sure-fire winners and get the back just one more time. A great partner sees this, appreciates it, pumps you up and just keeps plugging away at you.

- Discounted 30% for booking more than one person

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### **Fun Walk & Stretching (60 Minutes) IDR 150.000/Person**

Short walk to a local black sand beach, stroll through the rice paddies to feel the fresh sea breeze. It is so peaceful and beautiful, back again to the hotel to continue with personal stretching programs at the gym. And enjoy infusing detox water after finishing the programs.

### **Sunrise Walk (60 Minutes) IDR 150.000/Person**

A guided short walk to a local black sand beach, stroll through the rice paddies to watch the sunrise over the ocean. It is so peaceful and beautiful. Just as the sun comes up, fishermen in rowboats come back to shore with their catch after a night of fishing off the coast. Know-how the daily life of local Balinese people, religious life and purification temple at the opposite of the coastline. Traditional cookies, hot drink, mineral water are served on the beach. Healthy booster drink and a cold towel are served when you return back at The Samata.

### **Moonrise Walk (60 Minutes) IDR 150.000/Person**

Another mystical experience is available when full moon only. Please get further advice from The Butlers. Traditional cookies, hot drink, and mineral water are provided on the beach, and healthy booster drink and cold towel are served when you return back at The Samata.

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## **Singing Bowls Therapy (30 Minutes) IDR 250.000/Person**

Singing bowls therapy, a sound healing therapy that is effective and proven modality uses vibrational sound to help reduce stress, alter consciousness and create a deep sense of peace, well-being, and better health. This guide clarifies the simplicity of healing naturally and offers counsel towards an improved sense.

## **Aqua Soul Therapy (45 Minutes) IDR 450.000/Person**

This unique nurturing water-based-therapy is a precious way to give yourself natural healing energy. Your body will be gently massaged and moved, like a dance, on the surface, and under the water. As you are cradled in the supporting arms of your therapist, where your spine will expand and your range of motion increase, you will find yourself is transported to a blissful netherworld by skillfully guided stretches and movements together with the application of other divine modalities. Aqua Soul Therapy will clear the mind and conscience, invoking one of the most natural forms of meditation.

## **Spiritual Healing (45 Minutes) IDR 450.000/Person**

This treatment is created to combine inner power, Reiki, Prana and Balinese holistic healing which helps spiritually guiding the life-force energy. Tapping into natural radiance, emotional imbalances are addressed and level of happiness is elevated as parts of the energy field charging them with positive energy.

## **Revitalize Therapy (60 Minutes) IDR 450.000/Person**

The treatments have been shown to overcome various illnesses over the years. The treatment works to stimulate and increase energy and vitality, clean negative energies, release the inner tensions and facilitate the new vital energy flow in the meridians and blood circulation to achieve new power and ultimately to reenergize.

## **Rebalance Body and Soul Therapy (75 Minutes) IDR 600.000/Person**

Rebalance Body and Soul Therapy combines powerful stretching method, reflexology, acupressure, a unique technique body oil massage and inner energy treatment. It is specifically designated for the muscular system: to relieve muscular pain as well as blocks in the blood circulation, meridians and enhance a smooth flow, clean the toxins in the muscle and improve metabolism with spiritual healing.

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## **Purification (75 Minutes) IDR 400.000/Person**

This treatment combines inner power, Reiki, Prana and Balinese holistic healing which helps spiritually guiding the life-force energy. Combine with healing vibrant from the singing bowl.

- Holistic Consultation
- Spiritual Healing
- Singing Bowl

## **Crystal Chakra Balancing (90 Minutes) IDR 800,000/Person**

Crystal Chakra Balancing is a systematic holistic treatment using a Crystal healing, pendulum, Tibetan bowl and a unique powerful Balinese therapeutic massage, inner energy treatment, and spiritual healing to give a deeply holistic healing.

- Holistic Consultation
- Spiritual Healing-Protection
- Singing Bowl-Stress Relief
- Palm Reading
- Reading Energy
- Crystal Energy Therapy

## **Moxa Therapy (90 Minutes) IDR 800.000/Person**

Chain of therapies includes acupressure point which focuses on the meridian channel, moxibustion, and warm herbal pouch. Moxibustion is a traditional Chinese medicine therapy which consists of burning dried herbs on particular points on the body. It plays an important role in the traditional medical systems of East philosophy of

- Acupressure point base on meridian channel
- Moxa
- Warm Herbal Pouch

## **Soul Blessing (90 Minutes) IDR 1,000,000/Person**

The integrative package is designed to adjust to the physical, emotional and spiritual levels, allowing you to get in balance on body, mind, and spirit. It provides an individual and authentic practice to encounter local natural life, which encourages us to cherish harmony with spirit, nature and other human beings.

- Holistic Consultation
- Spiritual Healing
- Reading Energy
- Singing Bowl
- Chakra Balancing Therapy
- Reiki-Recharge Energy
- Purification with Holy Water

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