



SUN AQUA
IRU VELI
A MALDIVIAN SUN

THE ART OF WELLNESS

Yoga holds the key to good health, vibrant living and is said to delay the onset of ageing and disease. Yoga is the cornerstone of Sun Aqua Iru Veli approach to holistic wellness and individual well-being.

Special Yoga class with instructors in all levels are available to suit your style. Lessons can be enjoyed as a group or individually, making the experience personalized, discreet and very enjoyable for all ages. Energize and tone your body, still your mind and calm your emotions in one of our Yoga classes.

SUN SALUTATION

30 minutes

The Sun Salutation is a graceful sequence of twelve positions performed as one continuous exercise. Each position counteracts the one before, stretching the body in a different way and alternately expanding and contracting the chest to regulate the breathing.

YOGA FOR BEGINNERS

30 minutes

Relax and enhance your flexibility with an invigorating sequence of Yoga postures that enhance the circulation and stretch the body.

PRANAYAMA

30 minutes

“When the breath wanders, the mind is unsteady, but when the breath is still, is so the mind” an art of controlling the “Prana” of the Vital life of energy.

AQUA YOGA

30 minutes

Aqua Yoga is a gentle and very low impact thermal aquatic activity which strengthens and tones the body whilst relieving tensions and renewing energy. Highly recommended for persons with difficulty with strength, flexibility & balance on a yoga mat.