

# drift

BY NIYAMA

## DRIFT WELLNESS BY NIYAMA

Explore new worlds of wellness, from 5,000-year-old Ayurveda to the latest treatments from Beverly Hills. At Drift by Niyama, time is your own to rebalance and reconnect.

## THE SPIRIT OF DRIFT

### EPIGENETIC TESTING 30 MIN - 250 USD

Sequence your epigenome using only a strand of hair. The results show how your lifestyle is affecting your body, and what vitamins and minerals you can take to rebalance.

### VITAMIN THERAPY 30 - 45 MIN - STARTING FROM 250 USD

Based on your results, recharge with the latest trend from Beverly Hills, an intravenous drip filled with hydration and a tailored vitamin cocktail.

## AYURVEDA

### SHIRODHARA + ABHYANGA 90 MIN - 230 USD

Unwind as warm sesame oil is poured on your third eye, followed by a traditional Ayurvedic massage with herb-infused oil.

### CHAKRA BALANCING 90 MIN - 230 USD

A powerful and energising massage using deep tissue movements and energy release.

### TANE 90 MIN - 230 USD

Remove built up lactic acid from overexertion, with deep tissue massage leaving you feeling light.

## MOVEMENT & MEDITATION

### HATHA YOGA 60 MIN - 90 / 150 PER COUPLE

Stretch, tone and strengthen with a series of asanas and pranayama breathing.

### ASHTANGA YOGA 75 MIN - 100 / 160 PER COUPLE

Take your practice to the next level with a more fast-paced and vigorous series of asanas.

### AERIAL YOGA 60 MIN - 90 / 160 PER COUPLE

Strengthen your core suspended from a silk hammock, while improving flexibility and balance.

### PRENATAL YOGA 60 MIN - 90 USD

Recommended for the second and third trimester to gently stretch and tone.

### POSTURAL ASSESSMENT 30 MIN COMPLIMENTARY

Work on your posture for both beauty and health, correctly aligning the spine.

### PERSONAL TRAINING 60 MIN - 85 USD

Lose weight, tone muscle, and increase your fitness level with a certified professional trainer.

### EPIGENETICS + PERSONAL TRAINING 30 MIN - 280 USD

Learn what makes your body tick, then adapt your exercise regimen accordingly with a personal trainer.

### STICK MOBILITY 60 MIN - 100 USD

Combining joint mobilisation, strength training, and deep fascial stretching to increase athletic performance, reduce risk of injury, and speed recovery.

### TIBETAN SINGING BOWL MEDITATION

#### 60 MIN - 90 / 150 PER COUPLE

Enter a deep meditative state as the vibrations of the singing bowl create calming theta brain waves.

### CANDLELIGHT MEDITATION 75 MIN - 100 / 160 PER COUPLE

Clear the mind and move through a series of gentle sequences to ready the body for sleep.

\*Group classes can also be requested.