



drift
BY NIYAMA


NIYAMA PRIVATE ISLANDS MALDIVES

VISITING WELLNESS PRACTITIONERS

FEBRUARY 2020 - MARCH 2021







DRIFT SPA AT NIYAMA A HAVEN OF PEACE & TRANQUILITY

Drift Spa is truly a sanctuary at sea, offering a blissful array of wonderful experiences designed to care for the mind, body and spirit. Immerse your body and submit to soothing essential oils and the masterful hands of our visiting practitioners, all globally recognized and admired in their fields of expertise.

Relax, reflect and enjoy their magical worlds as you explore alternative healing and holistic treatments...

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DR. SHARON PONCE RN. MD.

NIYAMA'S IN-RESIDENCE DOCTOR

Dr. Sharon has an uncanny ability of making everyone feel at home, and is a firm favorite at Niyama.

With a medical and nursing degree from the University of Santo Tomas, she is a licensed medical practitioner both in her native Philippines and in the Maldives where she's been Senior Resort Doctor with us here at Niyama Private Islands Maldives for eight years.

As well as extensive experience in a number of hospitals, she boasts certificates in Hyperbaric and Underwater Medicine.

So, whether you're here to chill or play, Dr. Sharon is here to take care of you.





VITAMIN THERAPY WITH NEELAM CHAND

1st May - 31st May 2020

ABOUT NEELAM

A highly specialized I.V. Nurse from India and practitioner of the popular rejuvenation Vampire Facial therapy, Neelam has been a leading wellness infusion expert for the past 7 years. She is highly adept at delivering the plant-based “Beverly Hills” vitamin / nutrition therapy in the form of intravenous infusion.

VITAMIN THERAPY

Drift Spa offers a comprehensive menu of Energizing Vitamin Therapies managed by Neelam. These customized treatments help support optimal health and wellness to ensure guests get the most out of their Maldives island holiday, and include:

- Happy hydration
- Hangover cure
- Immunity boost
- Beverly Hills beauty
- Sunburn healer
- Weight loss





HEALING AND MEDITATION WITH RANJITH SAJ MALAYIL

*IN-RESIDENCE AT NIYAMA PRIVATE ISLANDS
1st FEBRUARY - 1st MARCH 2020*

ABOUT RANJITH

A passionate advocate of living holistically to promote optimum health and wellbeing, Ranjith has inherited his knowledge and love of Kerala Ayurvedic traditions from his family in India, knowledge that has been passed through many generations. He has worked throughout Asia since 2006, combining Kerala Ayurveda with yoga and other

western treatments to heal, rejuvenate, detoxify and relax his very satisfied clients.

You are invited to experience a complimentary 15 minutes consultation with Ranjith to understand your body type, diet and healthy way to balance lifestyle.



TREATMENTS

KERALA AYURVEDA

60 / 90 MINUTES

This traditional ancient Indian treatment uses a combination of yoga stretches and Ayurveda with warm herbal oil. It brings complete relaxation from head to toe, and structural alignment of the spine and body by stretching and soft tissue osteopathy.

ENERGY BALANCE RITUAL

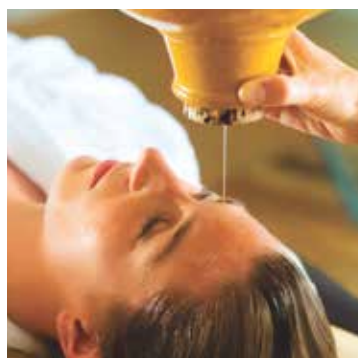
60 / 90 MINUTES

A Customized de- stress treatment, the ritual uses eastern and western techniques with medicated warm herbal oil to release all muscular stress from the back, neck, shoulders and legs. A combination of craniosacral therapy and traditional balance massage enhances the mind and body link and activates the pressure points and meridians in the body to restore and rebalance the energy.

SHIRODHARA MASSAGE

90 MINUTES

This unique, blissful and ancient ritual therapy balances and stabilizes the mind and body, and nourishes and restores the nervous system. A steady flow of warm herbal oil on the third eye combined with traditional Ayurvedic massage ensures ultimate well being.



TREATMENTS

VEDIC HEALING

60 / 90 MINUTES

An effective treatment for relieving spasms, stiffness and muscular pain, Vedic Healing uses ancient ayurvedic healing therapy techniques, by the application of warm herbal oil on the affected part of the body to heal the pain. This warm ritual therapy can also work on the whole body to relieve muscular tension.



VEDIC BODY DETOX

90 MINUTES

This treatment gives excellent results in modulation of different parts of the body, helps to promote blood flow and improves circulation to tissues, muscles and the organs of the body. It eliminates body impurities as toxins that lie between the cells are flushed out, and helps in reducing weight.

HEAD AND BRAIN DETOX

60 MINUTES

This detoxifying therapy reduces excess mental chatter and strengthens the mind, treats mucous congestions and sinus problems, relieves headaches, migraines & stiff neck, and is an ideal treatment for fatigue, insomnia, stress related issues, and all imbalances of the head and neck.

Balanced and controlled breathing techniques positively influence the flow of energy channels, purifying, regulating and activating them, and delivering mental stability.

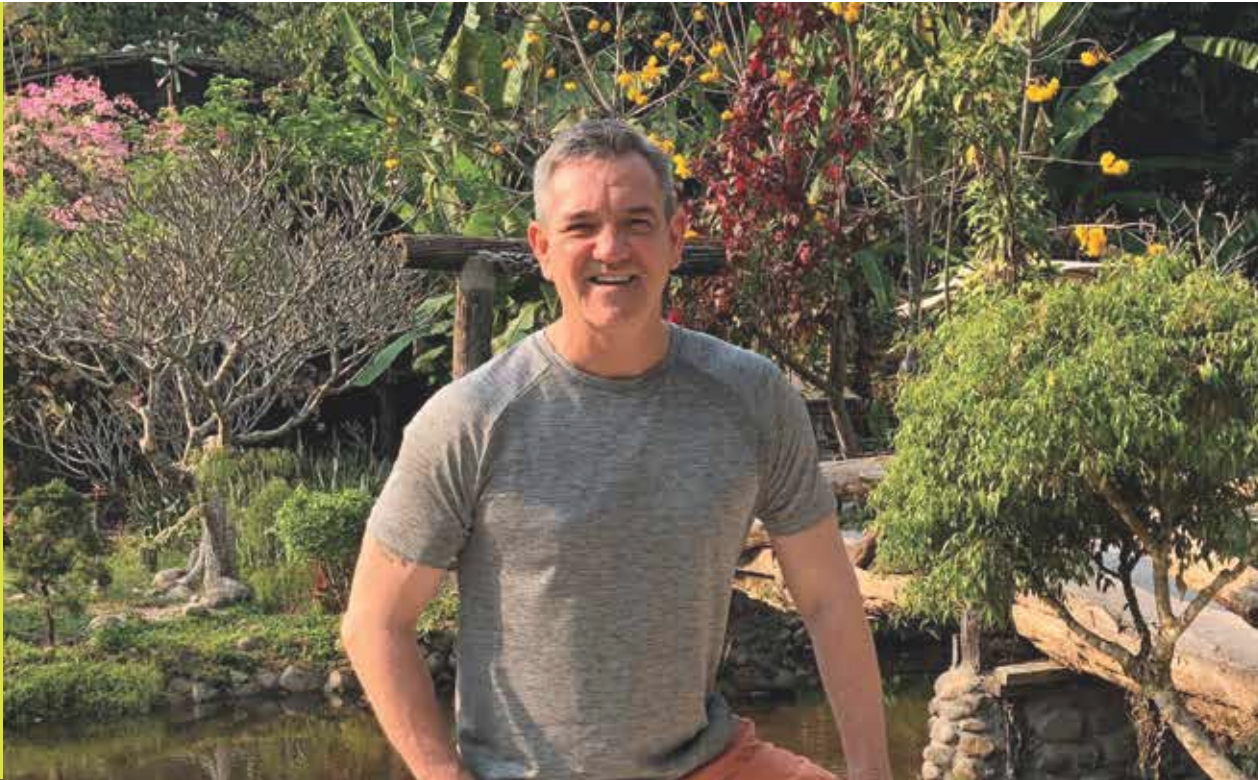


YOGA

90 MINUTES

This unique, blissful and ancient ritual therapy balances and stabilizes the mind and body, and nourishes and restores the nervous system. A steady flow of warm herbal oil on the third eye combined with traditional Ayurvedic massage ensures ultimate well being.





MERLIN TRINITY HEALING SYSTEM WITH MARK KARLSSON

IN-RESIDENCE AT NIYAMA PRIVATE ISLANDS

1st MARCH - 31st MARCH 2020

ABOUT MARK

Mark has been involved in personal and spiritual development for 30 years, and is the founder and director of The Merlin Trinity Healing System, which now has teachers across the globe. His journey began with alcohol and drug addiction and a burning desire to discover what he was truly passionate about.

The consequent journey of recovery created within his unique gift of being able to guide others to their own healing and transformations.



MERLIN TRINITY HEALING SYSTEM

TAROT CARD READING

60 MINUTES

Tarot cards are a vortex to the unconscious and if used correctly can be a real catalyst for personal transformation. The tarot is an incredible tool to show us what is happening in our life, what we can expect our future realities to be and what guidance is needed to make life better. It can assist in making important life changing decisions as well as questions related to important people in our life and, used correctly, it can empower us to reach our highest potential.

TAROT / HEALING COMBO

90 MINUTES

Why not try a tarot reading followed by Merlin Trinity healing to help integrate the information from the reading?

COACHING AND MENTORING

60 MINUTES

With over 25 years of coaching experience, Mark will be able to guide you to freedom in clarifying areas of your life that just don't seem to work.

MERLIN TRINITY HEALING

60 MINUTES

Merlin Trinity Healing is a system of healing that uses the power of universal love and infinite intelligence to bring the body into wholeness at the mental, physical and emotional level. Mark is the founder and director of this healing modality, has used it on himself every day for years and it is a very clear and powerful channel when he is giving healings to others. The healing sessions are non-intrusive as well as deeply relaxing and restorative.

PRIVATE MEDITATION MENTORING

90 MINUTES

Meditation is by far the greatest gift of self-love you could ever give yourself, not to mention the numerous health and life benefits that come from its daily practice. Whether you're a complete beginner or a seasoned meditator, Mark will assist you to either start a practice, deepen your ongoing practice or take you to a healing via a personally guided meditation.



ORIENTAL MEDICINE WITH DR. RUI PEDRO LOUREIRO

IN-RESIDENCE AT NIYAMA PRIVATE ISLANDS
5th APRIL - 2nd MAY 2020

ABOUT DR. RUI

Dr. Rui Loureiro is a world-renowned specialist in Traditional Chinese Medicine and Epigenetics, and his qualifications include a postgraduate degree in Cosmetic Acupuncture from CMIR/ACUMEDIC, London and Beijing's University of Chinese Medicine. He has a long and distinguished career working in hospitals and clinics in China, London and Portugal, and he is currently responsible for the Chinese Medicine Department of St. Louis Hospital in Lisbon, and is clinical director of

Clinica Cura Pura in Aveiro, Portugal. A lifetime student and researcher of the knowledge of Chinese Medicine, Dr. Rui is renowned for blending ancient wisdom with contemporary diagnostics, exploring alternative healing therapies from acupuncture to epigenetics.

During his time at Niyama in April, Dr. Rui invites you to visit him for a complimentary consultation.

ACUPUNCTURE TREATMENT

60 MINUTES

In consultation, a full history of your general health and details of your current symptoms and lifestyle are taken into account to help formulate an appropriate treatment plan. Acupuncture diagnosis focuses on the individual and not just his or her illness, with all symptoms seen in relation to each other.

HOLISTIC FACIAL REJUVENATION PROGRAM

60 MINUTES

The “natural facelift” - cosmetic acupuncture for wrinkles and sagging - uses a 24-carat gold needle applied to specific acupressure points on the face and body to help nourish the skin. The gold-plated acupuncture needle is singularly significant as it produces measurable results by visibly enhancing the volume and tone of facial muscles. This improves the skin’s circulation, collagen, and elastic fibre network, creating a sleeker, plumper, more youthful skin.

QUIT SMOKING FOR LIFE

30 MINUTES

Quitting smoking is not easy, and causes stress and anxiety. Now, though, there is a more natural, painless and effective solution - Auricular Therapy. A proven, effective tool to help you quit smoking by minimizing cravings and calming the nervous system, Dr. Rui’s treatment uses mild electrical stimulation on the outside of both ears, similar to ear acupuncture but without the use of needles. His average success rate is 85% percent and there is no need for patches, gum or pills afterwards.

ANTI-CELLULITE TREATMENT

60 MINUTES

Anti-cellulite acupuncture delivers excellent results in modulation of different parts of the body - abdomen, buttocks, lower and upper limbs - for conditions such as cellulite, sagging, localized fat deposits and excessive weight. This helps the whole body look and feel younger, rejuvenating and revitalizing.

FULL EPIGENETIC TEST

Dig deeper into your genetic data by undergoing an epigenetic hair test, through a bio profiler, which gives information about yours levels of nutrients, vitamins, minerals, essential amino acids, fatty acids, antioxidants and contaminants. By analyzing the 15 most common vitamins, 23 major groups of antioxidants, 16 everyday minerals, 115 food restrictions and food additives, immune stressors, all 23 amino acids, and omega 3, 6 and 9, the epigenetic test generate lifestyle and diet recommendations to optimize your health.



PHYSIOTHERAPY WITH DOME SIVAKORN

IN-RESIDENCE AT NIYAMA PRIVATE ISLANDS

16th May - 31st July 2020

1st SEP - 31st OCT 2020

ABOUT DOME

Dome is a highly skilled certified physiotherapist from the Australian College of Natural Therapies. With 16 years experience in anatomy and body work, he has a fundamental understanding of aches and pains, their causes and treatments.

We are delighted to welcome his unique talents to Niyama for 6 months this year and we know that he will provide help and support for all the water sport enthusiasts who join us here every year.





TREATMENTS

QUICK FIX

45 MINUTES

The "quick fix" is, as its name implies, a treatment designed to suppress the symptoms without necessarily dealing with the root cause of the problem. Enough to get you back on your surf board tomorrow, but not provide a long term solution!

MYOFASCIAL RELEASE THERAPY

60 / 90 MINUTES

This unique, blissful and ancient ritual therapy balances and stabilizes the mind and body, and nourishes and restores the nervous system. A steady flow of warm herbal oil on the third eye combined with traditional Ayurvedic massage ensures ultimate well being.



CRANIOSACRAL THERAPY

60 MINUTES

Also known as Cranial Osteopathy, this treatment involves subtle manipulation to release pressure from the membranes, fluids, nerves, bones and connective tissues of the cranium, spine and tail bone.





AYURVEDA WITH RAJEEB KUMAR

*N-RESIDENCE AT
NIYAMA PRIVATE ISLANDS
1st AUGUST - 31th AUGUST 2020*

ABOUT RAJEEB

With 12 years of professional experience, Rajeeb is a passionate advocate of living holistically to promote optimum health and wellbeing.

He specializes in Ayurveda, Yoga, and Marma Point therapy and he can create personalized wellbeing programs for each individual.



AYURVEDIC TREATMENTS

AYURVEDA DEEP FUSION MASSAGE

60 / 90 MINUTES

This full body treatment masterfully combines Ayurveda, Aromatherapy, Marma Point, Reflexology, remedial techniques and lymphatic drainage, using rich aromatic blends. Highly recommended for detoxification, improving sleep patterns, strengthening of muscles and joints, reducing the signs of cellulite and as jet-lag relief.

MIND BODY HEALING MASSAGE

60 / 90 MINUTES

Mind Body Healing Massage serves to mend the split of body and mind. It brings wholeness, interconnection, synergy and synthesis back to the health and the healing process, allowing the whole-self to function in unison in order to support health and restore balance to the body-mind system.

ABHYANGA

60 / 90 MINUTES

In this treatment, a full body massage is given in this procedure using a medicated hot oil specifically chosen to treat the medical condition of the patient. Proper attention is paid to the temperature of the oil to ensure comfort of the patient, and pressure is applied on certain points on the body, which stimulates various energies and aids release of toxins.

MARMA POINT THERAPY (TRIGGER POINT THERAPY)

60 / 90 MINUTES

This bodywork technique involves the application of pressure to tender muscle tissue in order to relieve pain and dysfunction in other parts of the body.

LOWER BACK PAIN CARE

60 MINUTES

Recommended for stiffness, limited range of motion, numbness or pain anywhere on the body but which originates in the lower back and travels down through the large sciatic nerve.



HOLISTIC THERAPY WITH JADE WOOD

*IN-RESIDENCE AT
NIYAMA PRIVATE ISLANDS
1st NOVEMBER - 7th DECEMBER 2020*

ABOUT JADE

Jade is an embodied anatomy expert, alignment therapist and yoga teacher from England, specializing in offering tailor made treatments that help to re-establish body-brain connections, restoring our sense of self. She has extensive training in Thai massage, Shiatsu, abdominal massage, Biodynamic Craniosacral Therapy, Neurological Anatomy, Feldenkrais and Functional Integration, and her style is gentle and encouraging with a good dash of humor.

Jade excels in using touch and movement therapy to help people liberate themselves from pain, tension or limiting habits by restoring a feeling of wholeness and trust firmly grounded in the physical body - when the nervous system is aligned, the ability to reconnect to personal reserves of health, joy and vitality are restored.



GENTLE YIN YOGA

60 MINUTES

Yoga with Jade aids in connecting you to your body, breath and life-force, optimizing physical and mental wellbeing. These personalized yoga sessions combine gentle movements to improve flexibility, myofascial release techniques to release tension, and passive Yin postures to stretch and deliver deep relaxation. This is combined with breathing and somatic awareness techniques for improving embodied awareness. Suitable for all - no experience necessary.

FELDENKRAIS SOMATIC MOVEMENT- EMBODIED AWARENESS

60 MINUTES

A guided awareness class that helps you to sense your body in a clearer way and improve your methods of moving and sensing. Feldenkrais practice is slow and methodical and works by revealing habitual patterns that may be restricting you and then finding new ways to prioritize enjoyable movements that take less effort and allow us to feel free again. Start to feel reduce patterns of tension, pain and strain, particularly in neck, shoulder and back. Suitable for adults - no experience necessary.

CRANIOFACIAL MASSAGE

60 / 90 MINUTES

A unique treatment using organic essential oils, the uplifting massage is combined with acupuncture for the face, neck and head with lymphatic drainage, ear reflexology and blissful Craniosacral head holds. The healing oils promote skin regeneration, improve circulation, help to smooth away stress lines and leave you with a radiant and youthful glow

GUIDED MEDITATION AND YOGA NIDRA

60 MINUTES

For improved embodiment and deep relaxation, release yourself in the ancient tradition of Yogic Sleep as Jade guides you with her soothing voice in a meditative practice of awareness. This is a physically relaxing and imaginative meditation journey, systematically sensing and relaxing each part of your body to improve self-awareness and to release subconsciously held tension. This practice is equivalent to four hours of deep sleep!

CHI KUNG MOVING MEDITATION

60 MINUTES

A peaceful way to start the day, Chi Kung is a practice to connect us to our Chi or life-force. We move together slowly and mindfully through standing forms, gathering and transforming the energy in the space around us, as if moving through water, dancing with energy. By moving in this way we can increase our self awareness and improve the health of our vital systems.

ABDOMINAL CHI MASSAGE

60 / 90 MINUTES

USD 170++ / 230++

This specialist treatment fully embraces Jade's skills of Craniosacral therapy combined with Traditional Chinese Medicine, as she applies warm coconut oil in a gentle yet deep belly massage. A nurturing and very personal experience, receiving an abdominal massage can encourage proper peristalsis of the gut, improve muscular tone, respiratory and hormonal function, aid in organ detoxification, improve elimination and also help to release trapped emotions.

BIODYNAMIC CRANIOSACRAL THERAPY

60 / 90 MINUTES

USD 170++ / 230++

Jane uses a light touch to encourage the release of trapped forces to bring about a reintegration of wholeness to the system, working with the central nervous system to initiate healing from within. Helpful for treating a broad spectrum of pain, tension, headaches, inflammation, stress, sleep disorders and emotional imbalances, it is an incredibly relaxing treatment that promotes a feeling of complete wellbeing.





NATUROPATHY WITH DR. GOPAL GOVINDASAMY

*IN-RESIDENCE AT
NIYAMA PRIVATE ISLANDS
15th DECEMBER 2020 – 12th JANUARY 2021*

ABOUT DR. GOPAL

Dr. Gopal is a Naturopathic Doctor and Yoga Expert from India, specialised in Ayurveda, Wellness, Nutrition and Detox Programs. He has been Leading Wellness Expert over 17 Years.

You are invited to experience a 20 Mins Complimentary Wellness Consultation With Dr. Gopal.

Treatments

Breathe Easy, Shiro Dhara, Chinese Acupuncture, Castor Oil Pack and Anti Cellulite Cupping Therapy.



NATUROPATHY THERAPIES

NATUROPATHIC OR AYURVEDIC CONSULTATION

40 MINUTES

Naturopathy focuses on treating the whole person, not just a specific symptom. The consultancy will identify your health status, energy, level of body functions and overall vitality

The Ayurvedic Consultation is an analysis of your body's constitution according to the three 'Doshas' - Vata, Pitta and Kapha - in order to determine your current state of health.

YOGIC DETOX

120 MINUTES

Cleanses the body and mind through an ancient yet effective practice which boosts the immune system, increases energy levels and improve clarity of thought. Yogic Detox combines aspects of asana (Hatha yogic postures), pranayama, meditation and a balanced diet to offer a profound experience.

ROYAL INDIAN AYURVEDIC JOURNEY

60 / 90 MINUTES

This Journey combines abhyanga and marma techniques in a full body massage with essential oils that focuses on the vital points of the body. The main purpose of this Indian Balance massage is to keep the doshas aligned, providing increased stamina, deeper sleep, and enhances the complexion and the luster of the skin.





ROYAL INDIAN HEAD MASSAGE

60 MINUTES

Using medicated oil, the soothing Ayurvedic massage is applied to Marma Points on the head and neck to regulate the systems of mind and body. It coordinates and calms the mind, body and spirit, enhancing blood circulation to the brain, improving memory, nourishing the hair and scalp and generally aiding in release of stress and tension.

BREATHE EASY (SINUS CARE)

60 MINUTES

Medicated herbal preparations, decoctions, oils and ghee are applied through the nose, followed by a vigorous massage of the area around the nose, the chest, palms and feet. This removes mucous clogs, stimulates the brain cells, and clears the nasal passage and sinus cavity, alleviating neck problems and migraine. It is also highly effective in treating sinusitis and chronic cold.

BACK PAIN CARE

60 / 90 MINUTES

Kati Vasti is one of the therapies of panchakarma in which medicated herbal oil is used to carry out the process and is recommended for lower back ache and sciatica. In this process, specially prepared warm medicated oil is kept over the lower back with a herbal paste boundary followed by back massage.

CHAVITI THIRUMBU (FOOT MASSAGE)

60 / 90 MINUTES

This traditional Kerala ayurvedic massage uses herb-infused ayurvedic oils and applies appropriate pressure to specific vital points / parts of the body. It not only relieves back pain, stiffness and sports injuries but also stimulates various bodily organs and systems.



SHIRO DHARA (3RD EYE TREATMENT)

60 MINUTES

Shirodhara involves a continuous stream of oil that is gently swayed on the forehead, which completely relaxes the nervous system and calms the mind. It is very beneficial for hypertension, anxiety, insomnia and psychiatric problems.

CHINESE ACUPUNCTURE

60 MINUTES

A consultation is followed by the insertion of extremely thin needles through your skin at strategic points on your body to balance the energy flow or life force known as Qi or Chi, believed to flow through pathways in your body. It is beneficial for a variety of health conditions including back pain, migraine, arthritis and stress.

REIKI HEALING WITH MAGNETS

45 MINUTES

Magnets are used to balance energy centers or chakras in your body in a gentle non-invasive form of alternative healing that works holistically to harmonize the body, mind, emotions and spirit. Reiki is a deeply relaxing treatment where the body's natural healing ability can become more fully activated.

CHI FACE LIFT ACUPUNCTURE (COSMETIC)

60 MINUTES

Facial Acupuncture brings out beauty and radiance from within, and increases blood and lymph circulation to the face. Stress in the face will be reduced as the treatment helps eliminate fine lines and softens deeper lines. The acupuncture helps to stimulate the body's natural processes of cell reproduction and growth.



THERAPEUTIC YOGA

60 MINUTES

A bespoke yoga specially designed for you, it concentrates on what will be the most beneficial elements for your body, your mind and your health conditions.

CASTOR OIL PACK (ABDOMINAL DETOX MASSAGE)

45 MINUTES

Castor oil is applied externally to the abdominal area with various motions followed by local steam application which helps to stimulate peristaltic movements to relieve chronic constipation and other abdominal discomfort.

YOGIC DETOX

120 MINUTES

Yogic Detox combines aspects of asana (Hatha yogic postures), pranayama, meditation and Satkriya to offer a profound experience - the ultimate solution to detoxify the body and mind in a controlled and safe manner. It cleanses the body and mind through an ancient yet effective practice which boosts the immune and digestive systems, increases energy levels and improves clarity of thought.

ANTI-CELLULITE CUPPING THERAPY

60 MINUTES

Cellulite cupping therapy is very effective in increasing circulation on legs, hips and arms, helping to tighten the skin and prevent cellulite recurrence. Dr. Gopal will apply the therapy in a certain rhythm which helps to break down the bad cellulite layers, an effective treatment to prevent reappearance.



AYURVEDA, YOGA, MEDITATION WITH DR. KAVITA HULMANI

*IN-RESIDENCE AT NIYAMA PRIVATE ISLANDS
20th DECEMBER 2020 – 5th JANUARY 2021*

ABOUT DR. KAVITA

Dr. Kavita Hulmani, has made a whole - hearted contribution to the welfare of so many people through Ayurvedic Life Style. She is a highly qualified Ayurvedic Doctor and Life Style Consultant from Bangalore and has explored many avenues within Ayurveda and other Holistic Spa therapies over the past decade.

Dr Kavita provides life style consultations, introducing the daily routine of Ayurvedic Dinacharya to analyze the body's inner health. By exploring physical, mental and emotional health, she recommends treatments, exercise, activities and dietary advice that will help bring more balance, energy and peace of mind.



CONSULTATIONS AND TREATMENTS

AYURVEDIC CONSULTATION

45 MINUTES

The Ayurvedic consultation analyses the body's constitution according to the three 'Doshas' - Vata, Pitta and Kapha - in order to determine your current state of health. Learn to balance your Doshas and enhance your lifestyle through mind relaxation and Ayurvedic diet and treatment programs.

DETOX CONSULTATION

45 MINUTES

Detoxification is so important because it can literally reverse symptoms of illness and so change your life. There are many different types of detoxification protocols and it is important to find one that works well for you. The liver, small intestine, kidneys, and colon are the major organs involved in the body's detoxification system. This session helps you understand body toxicity and can be followed by treatments and diet recommendations.

COLEMA (ORGANIC COFFEE DETOX)

90 MINUTES

Body detoxification is a thorough cleansing to remove built up toxins naturally. Any chemical that the body becomes dependent on can be removed from the system through a detoxification process. As with a car's engine that needs servicing periodically, so it is the same with our bodies and the use of coffee in enemas for detoxification purposes is well known.

Organic coffee contains a chemical compound that has been shown to stimulate the liver to reduce toxicity, fatigue, bloating, stomach pain, constipation, weight gain and insomnia.





YOGA FOR LIFE

60 MINUTES

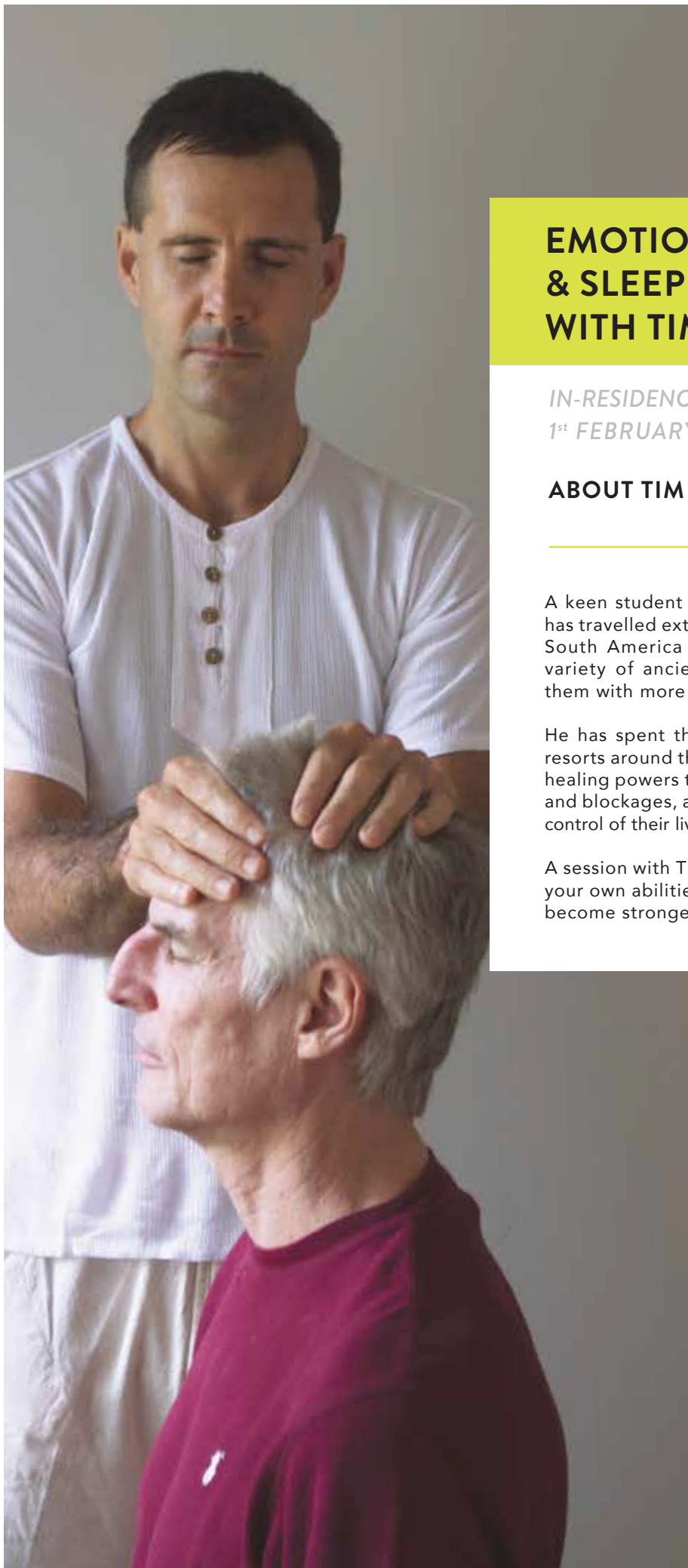
In this session, Dr. Kavita focuses on what will be most beneficial for specific individual health conditions. Whether the focus is on physical fitness, easing back pain, improving flexibility or reducing anxiety, Dr. Kavita will tailor the practice in a way that will give the best results for specific needs. It becomes a yoga specially designed for you, your body, your mind and your health conditions.

CYCLIC MEDITATION

60 MINUTES

This is a very powerful technique for mind and body. A moving meditation which combines the practice of yoga postures with guided meditation, it helps stimulate and awaken the sleeping mind, calm down distractions, and recognize innate stagnation.





EMOTIONAL HEALING & SLEEP THERAPY WITH TIM STONEMAN

*IN-RESIDENCE AT NIYAMA PRIVATE ISLANDS
1st FEBRUARY - 2nd MARCH 2021*

ABOUT TIM

A keen student of psychology and meditation, Tim has travelled extensively throughout Africa, Asia and South America over the past decade, learning a variety of ancient healing techniques, combining them with more modern teachings.

He has spent the last four years working with top resorts around the world, sharing his knowledge and healing powers to help his clients overcome traumas and blockages, and empowering them to take better control of their lives to achieve the growth they desire.

A session with Tim will help you to learn more about your own abilities to manifest change in your life, to become stronger and happier.



SLEEP THERAPY

90 MINUTES

In today's world, good quality sleep is often a challenge for many people. Using clinical hypnotherapy alongside some teachable techniques, Tim will help you re-program your subconscious mind to ensure your sleep patterns improve in the future. Even the most challenging sleep problems are usually resolved in a single session. (Bring your phone to record).

EMOTIONAL HEALING

90 MINUTES

Equally effective for healing difficulties in current relationships or wounds from past ones, Tim will talk you through some simple yet profound mental exercises to allow a release of whatever emotional pain may be weighing you down, and to bring you the peace of mind you deserve in life. Most common benefits include 'Lightness', 'Freedom' and 'Release', which naturally improves all areas of life

REIKI

60 MINUTES

This ancient Japanese technique uses the body's natural energies to balance and restore. A passive, relaxing, hands-off treatment that works on the subtlest levels, Reiki offers a range of benefits covering the whole spectrum, from feeling physically healthier through to mental, emotional and spiritual growth.

HYPNOTHERAPY

120 MINUTES

Tailored to your needs, hypnotherapy is an incredibly effective way to overcome most of life's challenges, including stress, phobias, smoking-cessation, and weight-loss. (Bring your phone to record). First session 120 minutes; subsequent session (if needed) 60-90 minutes.






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MALDIVES

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