



NIYAMA

PRIVATE ISLANDS
MALDIVES



WELLNESS JOURNEY



WELLNESS JOURNEY

Join us at Niyama Private Islands for your personalized Wellness Journey!

Get fit, relaxed and healthy with the help of our Certified Trainers that are always ready to tailor your very own wellness program according to your specific fitness goals and needs. The activities that we offer are suitable for adults and teens (above 13 yrs.).



UNWIND

Mat Pilates

60 minutes - USD85++/ person

60 minutes - USD125++/ couple

Pilates is a body conditioning program, developed as a rehabilitative technique that focuses on correct body posture and slow precise movements.

Benefits:

Increases muscle tonus, improves posture and flexibility and develops strength, endurance and coordination.

Advance booking is recommended for all activities.



UNWIND

Yoga

60 minutes - USD85++/ person

60 minutes - USD125++/ couple

Yoga is a flowing series of postures that improve the overall muscle elasticity while using breathing techniques to help the mind and body to relax and unwind.

BENEFITS:

Increases flexibility, core strength and coordination; improves balance as well as spinal and pelvic alignment.

Advance booking is recommended for all activities.



STRENGTHEN

Circuit Training/HIIT/TRX Circuit

60 minutes - USD85++/ person
60 minutes - USD125++/ couple

A body conditioning, endurance training program that is composed by blocks of different series of exercises that target the whole body or a specific area of the body.

Benefits:

Increases metabolism, conditions the cardiovascular system, builds strength and a powerful core; improves endurance and overall coordination.

Advance booking is recommended for all activities.



STRENGTHEN

Kickboxing/Tae-bo

60 minutes - USD85++/ person
60 minutes - USD125++/ couple

Kickboxing is a form of exercise inspired by martial arts and combat techniques. It pushes the body to engage its strength, balance and coordination simultaneously while enhancing the overall body muscle structure.

Benefits:

Increases the metabolism, builds stamina and conditions the cardiovascular system while enhancing coordination, agility and stamina.

Advance booking is recommended for all activities.



STRENGTHEN

Body Sculpt/Body Tone/Tabata Abs

60 minutes - USD85++/ person

60 minutes - USD125++/ couple

Efficient training programs that focus on strengthening the core and target toning the muscles in problem areas.

Benefits:

Increases metabolism, conditions the cardiovascular system, builds strength and a powerful core while improving the endurance and coordination.

Advance booking is recommended for all activities.



RECOVER

Aqua Rehabilitation/ Workout

60 minutes - USD85++/ person

60 minutes - USD125++/ couple

An amazing method for body recovery and rehabilitation due to its low-impact on joints. It is also an effective training program, that uses water resistance to build strength and burn calories.

Benefits:

Increases the metabolism, improves limited mobility, reduces local pain and facilitates fluid moments while building strength and coordination.

Advance booking is recommended for all activities.



ENERGIZE

Tennis Training - Ball Thrower

30 minutes - USD40++/ person

50 minutes - USD60++/ person

Packages

4 sessions 30 minutes - USD120++/ person

4 sessions 50 minutes - USD180++/ person

An amazing training method to help you develop your tennis playing skills or sharpen them. Keep fit and burn calories while having fun outdoors.

Benefits:

Increases metabolism, improves reaction time and speed, builds strength and enhances coordination.

Advance booking is recommended for all activities.



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