



Dr. Anil Singh
Wellness Manager
Naturopath & Yoga Expert

Dr. Anil is a Naturopathic Doctor and holds a post graduate Diploma in traditional Hatha Yoga. He has also done Masters in Yoga and Yogic philosophy. His ability as a Naturopath helps him to understand healthy living and concepts of yoga helps him to understand holistic and healthy lifestyle. For the past 17 years, Dr. Anil has worked in field of wellness at various levels and countries including East Africa, Thailand, Nepal and his native country, India. Asanas, Pranayama, Yogic cleansing techniques, meditation and Naturopathic consultation to bring harmony in today's busy lifestyle. He offers wellness consultation by screening and he is expert in Detox program, Sleep program, and helps you in disorders like chronic sinus & cold problems by ancient Yoga techniques. He offers introductory group Yoga sessions and personalized Yoga classes in a unique way to relieve joint and back pains, and to improve postural problems with adjustments.

Health & Wellness Screening

45 minutes / OMR 42

A detailed wellness screening using non-invasive technology and consultation is practiced to create a personalized wellness program and used as a tool to suggest a preventative health and lifestyle changes towards optimum health. A lifestyle guide will be included along with nutritional advice based on the screening results.

Yogic Detox (Intestinal Cleansing)

90 minutes/ OMR 90

Have you been suffering from bloated abdomen, constipation or indigestion? Ancient and authentic Yoga techniques are applied to cleanse the entire digestive track, to alleviate digestive problems. It strengthens the immune system, reduces excessive mucus, and purifies the blood and help in weight management.

Neti (Nasal Irrigation)

45 minutes / 40 OMR

Have you been suffering from chronic cold, sinusitis, headaches, migraine, and sleeping problems? Neti - a yoga practices plays an important role in cleansing the nasal passage with saline water. This process provides relief from asthma, chronic colds and is highly effective in treating sinusitis, stimulates brain cells and cure migraine.

Private Yoga Session

60 minutes / OMR 40 for one and OMR 60 for couple

Therapeutic Yoga

60 minutes / OMR 40

This session allows you to focus on what will be the most beneficial elements for your health conditions. Whether your focus is on physical fitness, to ease the back pain, improve your flexibility or reducing anxiety. This tailored practice will give you the best results for your specific needs.

Pranayama**45 minutes / OMR 30**

Pranayama is a conscious prolongation of inhalation, retention and exhalation. It comes from the ancient Sanskrit words: "Prana" meaning life force (noted particularly as the breath), and either "Yama" (to restrain or control the life force, implying a set of breathing techniques where the breath is intentionally altered in order to produce specific results. It is beneficial when treating a range of stress related disorder. It regulates blood pressure, improves the autonomic functions, breathlessness, reduces the oxidative stress, assists in steady mind, strong will power and sound judgment, cardio respiratory system.

Yoga Nidra**45 minutes / OMR 30**

Yoga Nidra or "Yogic Sleep" is a sleep-like state which yogis claim to experience during their meditations. Yoga Nidra is among the deepest state of relaxation while still maintaining full consciousness. The practice of Yoga Nidra has been found to reduce tension, alleviate symptoms of high anxiety such as headache, giddiness, chest pain, palpitation, sweating and abdominal pain.

Candle Light Meditation (Trataka)**45 minutes / OMR 30**

Trataka is a deceptively simple yet powerful meditation and cleansing technique. During the process of focusing at the candle flame for a pro-longed period of time, it causes a gentle eye strain and tears begin to flow. It is said to bring energy to the "third eye" (*Anja Chakra*). It also focuses the mind, tame wavering tendencies. Trataka is used as a tool of meditation through concentration. Ideal to treat insomnia and related stress symptoms.

Contact the spa team or GEMs for bookings. Advanced reservations are highly recommended.