

Our Living Island



MADARA GOLSTA

Classical Hatha Yoga Practitioner

Indulge in a spiritual retreat guided by the renowned yoga practitioner, Madara Golsta, directly trained by the Isha Foundation. Immerse yourself in a world of tranquility and rejuvenation as you explore a variety of yoga and meditation practices tailored to your needs.

1 December 2024 - 28 February 2025

Surya Kriya 3 sessions, each 2 hours (USD 600++)

Surya Kriya is a potent yogic practice of tremendous antiquity, designed as a holistic process for health, wellness, and complete inner well-being. "Surya" means "sun," and "kriya" means "inner energy process." Surya Kriya activates the solar plexus to raise the samat prana, or solar heat, in the system. It also balances a person's left and right energy channels, leading to stability of the body and stillness of the mind. This strong foundation becomes the basis to explore higher dimensions of life.

Angamardana 4 sessions, each 2 hours 45 minutes (USD 600++)

Angamardana, a fitness system rooted in yoga, offers everyone the opportunity to invigorate the body and reach peak physical and mental health. "Angamardana" means gaining complete mastery over the limbs, organs, and other parts of the body. True to its name, this practice revitalizes the body on all levels including the muscles, circulatory system, skeletal structure, nervous system, and the basic energy system.

Upa-Yoga 2 sessions, each 1 hour 30 minute (USD 300++)

Upa-yoga is a simple yet powerful system of exercise that activates the joints, muscles, and energy system. Based on a sophisticated understanding of the body's mechanics, Upa-yoga dispels inertia in the body's energy and brings ease to the whole system. It relieves physical stress and tiredness.

Chit Shakti Meditations 1 session, 35 minutes (Complimentary)

Everything that human beings have created on this planet was essentially first created in our minds. So how we organize and focus our minds will decide the direction our life flows. Using the power of the mind to create what one wants in his life is called Chit Shakti. The Chit Shakti guided meditations will help you to manifest love, health, peace and success in your life.

Experience Devotion 1 session, 2 hours (USD 250++)

"Devotion is the spark that can fire up your chemistry and energy to such a level that it creates an explosion of ecstasy within you." – Sadhguru



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DR. AKINA KAZAMA
 Holistic Healing Consultant

Discover a profound sense of well-being with Dr. Akina Kazama, a renowned holistic practitioner. With a rich heritage in traditional Japanese medicine and Western expertise, she offers a unique approach to healing and balance.

18 December 2024 - 30 January 2025

Meridian Balancing (60 / 90 minutes) \$315++ / \$472++ per session

This treatment is particularly beneficial for those with conditions ranging from musculoskeletal problems; such as back pain, neck pain, myofascial pain syndrome, to headaches (tension and migraine), chronic fatigue, gastrointestinal disorders, circulation disorders, allergy, stress, anxiety, depression insomnia, and infertility. Various modalities are applied during the treatment to personalize it to your requirement and ensure maximum results, such as acupuncture and other Eastern medicine diagnose, and techniques. Changes in terms of physical and emotional improvement can be expected after the first session. This treatment decreases sympathetic activity in the body and increases parasympathetic activity at the same time. So, your experience will be similar to soaking in a natural hot spring and being fully relaxed during and after the treatment.

Palm and Card Reading (40 minutes) \$262++ per session

Are you curious about what your palm says about you and your future? By analyzing palms and hands, even your energy flow, and your ancestral and acquired personalities, you learn about the journeys of your lives from the past, present and future. Tarot cards are also utilized to give answers to any question you have in mind and clarify what's happening in your life now and future.

Meridian Balancing with Palm Reading (110 minutes) \$577++ per session

In addition to the Meridian Balancing treatment, Palm Reading and tarot card fortune telling are added to fully complement the treatment experience and provide you with guidelines for future. Your body, mind and energy will be totally taken cared by Akina.

Past life regression Therapy (60 minutes) \$315++ per session

Inside our subconscious lie our memories from past lives. Violence and trauma in a past life may show up as fear, uncontrollable anger, or low self-esteem, while positive experiences from an earlier lifetime may cause you to feel strongly drawn to certain people, places, or objects without knowing why. Past life regression therapy can offer you a unique opportunity to reconnect with these memories so you can understand them and free yourself.

Reiki Healing (60 minutes) \$262++ per session

Using the healer's hands and the unique energy emitted by her mantras, high frequency natural crystals and stones, you will experience a complete relax. This gentle healing techniques uses soft touch on your body to stimulate your natural self-healing system, and it awakes your innate potential energy that flows within you.

Zen Guided Meditation (60 minutes) \$315++ per session

This is a guided mindful meditation which involves observing and letting go of the thoughts and feeling that arises in the mind stream, as well as developing insight into the nature of body and mind. This improves reducing stress, increasing self-awareness, self-confidence and esteem.