



## WELLNESS PRACTITIONER

2nd February - 13th March 2024

Braj Raj Singh is a holistic wellness practitioner with a deep passion for enhancing overall health by treating the individual as a whole. With over 15 years of experience, his unique blend of traditional health principles and modern wellness science caters to the specific needs of his clients. Known for his warm and compassionate approach, Braj offers personalized wellness experiences, ensuring profound health transformations and a journey towards balanced well-being.

## DISCOVER YOUR PATH TO WELLNESS WITH BRAJ RAJ SINGH

Enjoy these complimentary sessions during his residency:  
Every Wednesday, 7:30AM - 8:10AM | Power Yoga / Introduction to Acro Yoga  
Every Saturday, 6:30PM - 7:00PM | Chanting Meditation

### Chakra Healing Massage

75 minutes | US\$275

Achieve deep relaxation and emotional recovery with our Chakra Healing Massage. This therapy focuses on unblocking the chakras to restore mental calmness and tension release.

### Power of Touch

60 minutes US\$225 | 90 minutes US\$305

A holistic experience encompassing mind, body, and spirit. This signature treatment combines energy healing, acupuncture, and aromatherapy to restore balance and harmony.

### Vigorous Cellulite Treatment

60 minutes | US\$225 per session

Targeted anti-cellulite massage designed to stimulate blood flow, break down fat tissue, and improve skin elasticity for a rejuvenated appearance.

### Posture Alignment

60 minutes US\$225 | 90 minutes US\$305

Perfect for desk workers, this therapy focuses on proper posture alignment through personalized techniques and gentle stretches, promoting musculoskeletal health.

### Power of Breath

60 minutes | US\$125

Learn vital breathing techniques for long-term health and relaxation. This session is essential for maintaining respiratory health and overall well-being.

### Yoga for Wellbeing

60 minutes | US\$125

Customized yoga sessions that blend physical and mental health practices, suitable for all levels and designed to rejuvenate mind, body, and spirit.

### Acro Yoga

45 minutes | US\$105

Transformative yoga practice for inner balance, concentration, and confidence enhancement, available for both beginners and advanced levels.

Treatments are priced per person. Prices are in US\$, subject to 10% service charge and 16% T-GST.

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MALDIVES  
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