



AN INTERTWINED LIFESTYLE
YOGA | MEDITATION | FITNESS



*"Yoga is not for the flexible.
It is for the willing."*

- Anonymous

YOGA

Redefine the confines of your body and your spirit with the daily practice of wellbeing through yoga and meditation in paradise.

Kudadoo Maldives Private Island by Hurawalhi offers sunrise and sunset sessions, the optimum times to practice this ancient wellness technique. Your personalised yoga session can be done in the privacy of your residence or on the vast deck of The Retreat.

HATHA YOGA

This is an encompassing yoga practice that is steeped in heritage and combines various yoga traditions. Kudadoo has crafted a selection of practices that will enable you to choose a style that best reflects your personal wellbeing needs.

For beginners we offer the **Hatha Yoga Introduction**, a 1 hour session to that will ease you into a continues wellbeing practice. Alternatively, you can opt for one of the following;

HATHA YOGA FOR PHYSICAL FITNESS

Hatha Yoga Asana, Beginner/Advanced, 1 hour per day.

Asana refers to postures coupled with breathing techniques. This ancient practice is a great way to increase flexibility, muscle strength and tone while improving respiration, energy and vitality.

Hatha Aerial Yoga, 1 hour per day.

This gravity defying moderate intensity workout offers a host of benefits while being gentle on your joints. Join an aerial yoga session and get one of the best ab workouts, your daily cardio fix and walk away feeling Zen.

HATHA YOGA FOR SELF-REJUVENATION

Hatha Yoga Pranayama,

45 minutes per day.

Pranayama are breathing exercises that facilitate the clearing of physical and emotional obstacles in your body, allowing you to free the breath thus fostering the unimpeded flow of prana - life energy. Through regular and sustained practice of pranayama, you can supercharge your whole body!

Hatha Yoga Shuddhikarana Kriya,

45 minutes per day.

The shuddhikarana kriyas technique allows you to cleanse and purify your vital internal organs; including the digestive, respiratory, circulatory and nervous systems. This practice is aligned with the ancient teachings of the Yoga Sūtras of Patañjali.



HATHA YOGA MEDITATION

Hatha Yoga Nidra, 45 minutes per day.

A blissfully simple yoga practice that assists in the reduction of stress, while promoting a profoundly restful state of relaxation. This yoga practice is ideal for everyone as it opens up your mind and allows you to explore your inner self more intimately.

Hatha Yoga Chakra Meditation, minimum 3 days, 45 minutes per day.

The chakras are essential energy centres that appear throughout your body. Release your body's potential through chakra meditation as you unblock and activate your emotional and physical wellbeing. This mindful meditation assists with balancing your key chakras, thereby fostering a state of conscientious wellbeing.

Hatha Yoga Self-Healing Meditation, minimum 3 days, 45 minutes per day.

The body knows how to heal itself. Take a meditative journey of self-repair as you transform your mind, body and soul. When practised consistently meditation facilitates a more balanced state of being, where self-care leads to greater health and energy.

Immerse in wellbeing with a Group Yoga Session;

Sunrise Yoga on Wednesdays 7:00 to 8:00 on The Retreat deck.

Sunset Yoga on Saturdays 18:00 to 19:00 on The Retreat deck.



FITNESS CENTRE

Balance your time on the island with various fitness activities alongside our personal trainer alternatively you can continue your individual fitness regime at our fitness centre.

The Kudadoo Personal Trainer will create a personalised programme for you depending on your preferences, fitness level and goals;

TRX is a total body resistance exercise, this specialised form of suspension training utilises equipment developed by former U.S. Navy SEAL Randy Hetrick.

Float Fitness incorporates the best of both worlds, fitness in and on the ocean. Utilising a floating mat you will be guided through a combination of yoga and fitness movements on the board as well as water aerobics in the water. This unique fitness programme is crafted to energise and revitalise your body and mind.

ONE ON ONE PERSONAL TRAINING styled according to your individual needs;

Functional Training

This fitness style trains your muscles by simulating common movements, each exercise is adapted to target the muscles associated with these everyday movements. This workout prepares your body for daily tasks you may do at home, work or in sports.

Circuit Training

A comprehensive workout form that is perfect for body conditioning, endurance training or resistance training. This form of exercise uses high intensity continuous movement for a set amount of time, and can be personalised to focus on either strength building or muscular endurance.

SBSB Training - Super Body Super Brain

Sharpen your mind and get in shape at the same time, this innovative workout is based on the concept that surprise keeps the brain at peak efficiency. Get ready to stimulate multiple areas of the brain as you strengthen and tone your entire body.

Rehab Training

This personalised training programme aims to assist in the correction of muscle imbalances and thus the correction of your posture over time.

Couple Training or Partner Workout

This fun interactive programme uses your body weight and movements for a full body workout with the added benefit of friendly competition from your partner for that added push.

Core Training and Full Body Stretching

A targeted core training session allows you to sculpt, tone, increase power and balance all in one functional programme. This coupled with full body stretching will assist in improving your range of motion, increase circulation, and calm your mind. These two workout components are a must for any fitness enthusiast.

