



WELLNESS

AT

Koh Jum Beach Villas

Your guide to rejuvenating your body and revitalising your spirit



MEET YOUR WELLNESS COORDINATOR & YOGA INSTRUCTOR

Hello, I'm Marcella, your wellness coordinator and yoga instructor here at Koh Jum Beach Villas. My philosophy is simple: yoga is for everyone, no prior experience is needed.

With over a decade of teaching experience and specialized training in Iyengar Yoga, yoga therapy, and Ayurvedic practices, I create personalised classes that are accessible, healing, and empowering.

Whether you are seeking relief from physical discomfort, stress, or simply want to cultivate a deeper connection with yourself, my sessions are designed to meet your unique needs.

I draw on my extensive background in Vedic Astrology and Ayurvedic knowledge to offer a holistic approach to well-being. Each session is crafted to help you find balance, relaxation, and personal growth, all while embracing the beautiful surroundings of Koh Jum.

Join me on the mat and let's explore how yoga and wellness practices can transform your life.



WELLNESS

Koh Jum Beach Villas

Introduction

Welcome to Your Wellness Journey

At Koh Jum Beach Villas, we believe that true well-being is a harmonious blend of physical, mental, and spiritual balance. Our wellness offerings are thoughtfully crafted to support your unique path to renewal, whether you're here to relax, recharge, or rediscover yourself.

Our carefully curated experiences include rejuvenating yoga sessions, restorative Ayurvedic treatments, and meditation practices that help you reconnect with your inner self. Each offering is designed with intention, focusing on nurturing your body and calming your mind amidst the peaceful beauty of Koh Jum.

Guided by our expert wellness coordinator, Marcella Lanza, who brings over a decade of experience in yoga, therapy, and holistic healing, every session is tailored to meet your individual needs. From relieving stress to improving flexibility or simply embracing stillness, you're in expert hands.

Take this opportunity to pause, reflect, and embrace the transformative power of wellness. We look forward to guiding you on your journey.

About this guide

This guide is designed to provide an overview of our wellness offerings, each thoughtfully curated to nourish your mind, body, and soul.

From our Yoga classes to our massages, our Wellness Coordinator Marcella will intuitively lead you on a personalised journey of transformation and relaxation.

Use this guide to explore, choose, and embrace the experiences that resonate with you and enable us to support you on a path towards balance, rejuvenation, and inner peace.



GROUP YOGA

Engage in the bliss of Hatha Yoga

Group Hatha Yoga Classes

with focus in alignment

Mon - Sat 8:00 to 9:00 / 10:30 - 11:30

Our Hatha Yoga classes provide a welcoming and supportive environment, offering a practice that focuses on overall well-being. Designed for all levels, the classes help students explore the physical, mental, and spiritual benefits of yoga.

On a physical level, students experience increased strength, improved flexibility, and relief from tension, while addressing common issues like insomnia and stress. The use of props, such as blocks, straps, and bolsters, ensures proper alignment and makes postures accessible to everyone, regardless of experience or physical condition. This focus on alignment enhances mobility, vitality, and balance within the body.

Mentally, the practice offers tools to manage stress and anxiety.

Through mindful breathing, movement, and meditation, students cultivate emotional resilience and a sense of calm. These techniques are easily integrated into daily life, promoting clarity, focus, and a balanced mindset to navigate challenges with ease.

On a spiritual level, the classes provide a space for stillness and connection with your inner self. This inward journey fosters spiritual growth and a deeper sense of inner harmony, helping students reconnect with their true essence.

Each class offers the transformative power of yoga, leaving you renewed with strength, clarity, and a profound sense of well-being.

Book with Guest Services by 7pm the day prior



PRIVATE IN-VILLA YOGA

Yoga Tailored to Your Private Retreat

60 Minute Private Yoga

Available upon request

Enjoy a deeply personalised yoga experience with Marcella Lanza, our expert wellness and yoga instructor, in the comfort of your private villa or in Sabai Yoga Shala.

Trained in Iyengar Yoga and yoga therapy, Marcella adapts each session to suit your goals, whether it's easing stress, improving flexibility, or enhancing mindfulness.

These private classes cater to all levels and focus on alignment, breathwork, and meditation for a balanced mind and body.

Why Choose Private Yoga?

Personalised Guidance:

Sessions tailored to your needs, whether you're a beginner or advanced.

Convenience:

Practice in the comfort of your villa or poolside.

Holistic Benefits:

Build strength, release tension, and experience deep relaxation.

Reconnect with yourself in a safe, supportive space designed to nurture your well-being.

To find out more, please request a wellness appointment through Guest Services or via our wellness email



MEDITATION

60 minute Meditation Course

Available upon request

This program is suitable for both beginners and experienced practitioners. You'll learn techniques to meditate independently, effectively guiding your mind to access its natural state of calm.

Program Highlights:

The Eight Petals of Yoga

Rooted in the eight petals of yoga, the course progressing gradually and without rush to guide you into a meditative state.

Body and Mind Awareness

With focused attention, we will observe the body and mind objectively, cultivating deeper self-awareness.

Pranayama Techniques

Learn different breathing techniques to calm the mind, leading to the practice of pratyahara, which is the process of turning the senses inward.

Ancient Techniques for Deep Focus

We will practice identifying the primordial sound, known as nada, which leads us to dharana, the state of complete mental concentration and mindfulness.

Deep Relaxation Techniques: Yoga Nidra

Experience profound relaxation with yoganidra, a powerful technique to deeply relax the body and mind.

Accessing Dhyana (Meditation)

Finally, we will enter dhyana, the state of meditation, achieving deep focus and inner peace.

To find out more, please request a wellness appointment through Guest Services or via our wellness email



MEDITATION

Control your mind and develop inner peace

30 minute Supported Meditation Sessions

Available upon request

Each meditation session focuses on deep relaxation and breathing techniques to guide you into a meditative state.

The purpose of the practice is to bring greater clarity and tranquility, helping you create space and new possibilities through the stillness of the mind.

To find out more, please request a wellness appointment through Guest Services or via our wellness email



AYURVEDIC MESSAGES

Ayurvedic Care Tailored for You

Shiro Abhyanga - Head Massage (30 minutes) **Available upon request**

Immerse yourself in the calming of this Ayurvedic head massage designed to refresh and restore.

Shiro Abhyanga harmonizes your body and mind, melting away stress while relieving headaches and sinus discomfort. Let the warm oils nourish your scalp, stimulating hair growth and reducing dandruff, as you drift into deep relaxation.

This experience improves blood circulation, enhances sleep quality, and slows the signs of aging, leaving you refreshed, rejuvenated, and glowing with vitality.

Preparation & Contraindications

This 30-minute Ayurvedic head massage uses warm oils to deeply nourish your scalp and promote relaxation. There's no need to worry about washing your hair afterward, we'll use enough oil to maximize the benefits. After the session, avoid using hot water to remove the oil from your head for best results.

Contraindications:

- Fever
- Cough or cold
- Digestive issues (indigestion)
- Aggravated mucus conditions

To find out more & to find out if this treatment is right for you, please request a wellness appointment through Guest Services or via our wellness email



AYURVEDIC MESSAGES

Ayurvedic Care Tailored for You

Mukhabhyanga - Face Massage (30 minutes) **Available upon request**

Experience the timeless benefits of Mukhabhyanga, an Indian ancestral Ayurvedic face massage.

This treatment firms and revitalizes facial tissues, preserving a youthful glow. It enhances skin texture, nourishes deeply, and stimulates facial nerves for a radiant complexion.

Mukhabhyanga also supports better vision and slows the signs of aging, leaving your face clean, healthy, and naturally luminous.

Preparation & Contraindications

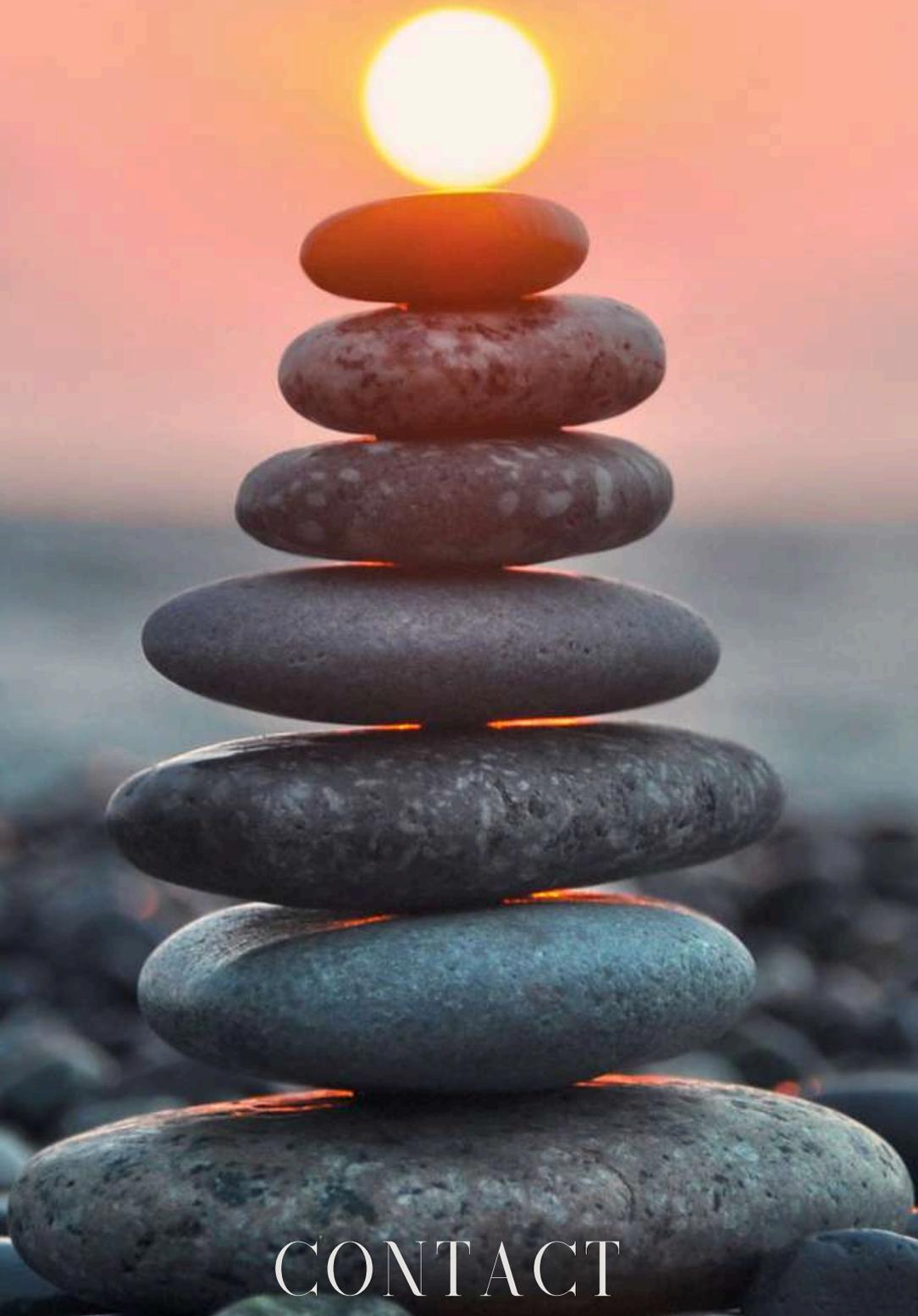
No special preparation is required for this nourishing facial massage. During the session, therapeutic herbal oils are gently applied to the face, enhancing skin vitality and overall relaxation. After the massage, we recommend washing your face with mild, natural products to maintain the benefits and avoid irritation.

Contraindications:

- Fever
- Cough or cold
- Digestive issues (indigestion)
- Aggravated mucus conditions
- Sunburn or severe sun damage

To find out more & to find out if this treatment is right for you, please request a wellness appointment through Guest Services or via our wellness email

BE BALANCED
At Koh Jum Beach Villas



CONTACT

Guest Services

To Book Your Wellness Appointment or Session

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