



ANGSANA
SPA



Wellness Menu



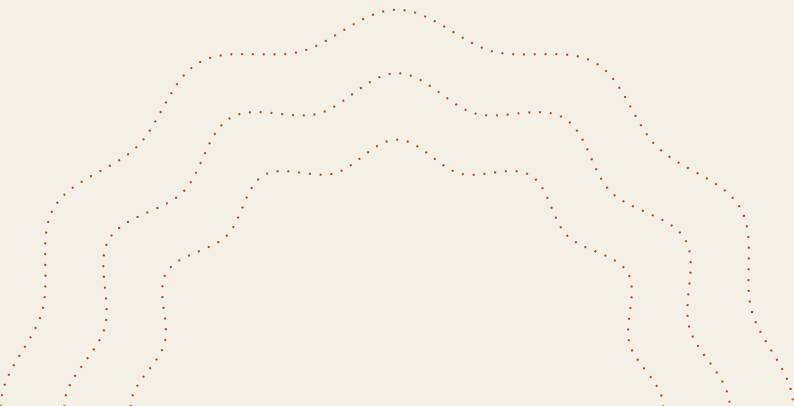
Awaken to Harmony

At Angsana Velavaru, we believe in the art of balance — where mind, body, and spirit find their rhythm amidst the natural beauty of the Maldives. Our wellness offerings are designed to reconnect you with your inner self, guided by the healing touch of tradition and the serenity of the ocean.

The Essence of Yoga

Rooted in ancient Indian philosophy, yoga is more than just movement — it is a practice of mindful presence, self-awareness, and connection. Whether you seek clarity, flexibility, strength, or peace, yoga offers a path tailored to your individual journey.

On our sun-kissed island, each session is held in a tranquil, open-air setting — where the gentle rhythm of the waves complements the flow of your breath.



Please take a moment to read this

General Information

All yoga and wellness sessions are offered based on availability and may be adjusted according to weather conditions, instructor availability, and guest preferences.

Reservations & Bookings

Complimentary sessions are exclusively for in-house guests. Chargeable sessions require advance booking through the Front Desk or your Villa Host. Private sessions must be scheduled at least 24 hours in advance.

Cancellation Policy

We kindly ask that you provide 6 hours' notice to cancel or reschedule complimentary sessions. Chargeable sessions require 24 hours' notice. Late cancellations or no-shows will incur a charge.

Class Capacity

Complimentary group sessions are limited to 10 guests. Chargeable group sessions accommodate up to 5 guests, and private sessions are available subject to availability.

Pricing & Payment

Complimentary sessions are available at no charge for in-house guests. Chargeable group sessions are priced at USD 25 per person, with a minimum of 6 guests. Private sessions are available for USD 150 per guest or room.

Health & Safety

Guests are encouraged to inform the instructor of any medical concerns prior to participating. It is essential that all participants are physically fit for yoga or wellness activities.

Liability & Disclaimer

Participation is at your own risk. Angsana Velavaru is not responsible for any injuries during sessions. In case of unforeseen circumstances, sessions may be rescheduled, with no refunds issued.

Amendments to Terms & Conditions

Angsana Velavaru reserves the right to amend these terms as necessary, with any changes communicated to guests during the booking process or in-villa notifications.



Our Classes

A Curated Wellness Journey at Angsana Velavaru



Sunrise Flow

Start your day with clarity

Complimentary

A gentle, energising class to awaken the body and centre the mind. Perfect for beginners and those looking to reconnect with breath and movement.

Duration: 60 minutes
Time: Every Sunday from 07:00 am to 08:00 am
Location: Kuredhi Pool Bar
Yoga Style: Pranayama & Hatha Yoga

Pranayama & Meditation

Stillness before the day begins

USD 25

Begin your morning with focused breathwork and mindful stillness. This session combines gentle pranayama techniques with guided meditation to calm the mind, improve focus, and support emotional balance. Ideal for guests seeking a grounded and introspective start to their day.

Duration: 60 minutes
Time: Every Monday from 07:00 am to 08:00 am
Location: Wedding Pavillion
Yoga Style: Pranayama, Yin Yoga and Meditation



Restorative Sunset Yoga

Slow down, soften, surrender

USD 25

This calming session uses long-held poses and deep breathing to soothe the nervous system and release tension – ideal as the sun sets over the horizon.

Duration: 60 minutes
Time: Every Wednesday from 05:30 pm to 06:30 pm
Location: Beach Area
Yoga Style: Pranayama, Hatha Yoga and Meditation

Breath & Balance

Restore balance with mindful breath and postures.

Complimentary

A traditional practice that combines breath control with steady postures to enhance strength, flexibility, and inner calm.

Duration: 60 minutes
Time: Every Thursday from 05:30 pm to 06:30 pm
Location: Beach Area
Yoga Style: Pranayama & Hatha Yoga



Private Wellness Sessions

Personalised practices, tailored to your rhythm





Private Yoga & Healing Rituals

Personalised sessions for balance and renewal

USD 150

For those seeking a more intimate and focused experience, private sessions offer the opportunity to explore wellness in a way that aligns with your individual pace and preferences. Whether you're new to the practice or looking to deepen your journey, each session is curated to support your personal goals.

Duration: 60 minutes

Time: Subject to instructor availability

Location: Flexible and arranged to suit your preferences

Available Practices:

- Pranayama
- Hatha Yoga
- Yin Yoga
- Meditation



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