

HANDS ON HEALING

Deep Hip Opening & Trauma Release Exercise (TRE) IDR 950,000 • 60min

Self-help tool that activates a natural reflex of shaking or vibrating to calm the nervous system and promote well-being. An immersive journey to relieve lower back pain, release emotional trauma, and enhance flexibility. Through gentle stretches and guided movements, unlock deep-seated tension in your hips while nurturing emotional healing. Feel empowered as you reclaim your vitality and mobility.

Eye Yoga Therapy IDR 850,000 • 60min

Join us for a private Eye Yoga session designed to rejuvenate your vision. You'll learn effective techniques, including mindful movements, acupressure, and relaxation methods, to improve eyesight, relieve screen time fatigue, and soothe tired eyes.

Healing Yoga Therapy IDR 950,000 • 60min

+ a complimentary 15-minute consultation. Guided by our expert therapist, delve into personalized yoga, breathwork, and mindfulness practices designed to address injuries, discomforts, or specific needs. Whether you seek relief from chronic pain, injury recovery, stress management, or enhancing your practice, this session offers focused therapeutic techniques to cultivate balance and vitality.

Deep into Alignment and Adjustment IDR 950,000 • 60min

Elevate your yoga practice with personalized alignment guidance and posture adjustments. Learn precise techniques to deepen your poses safely and receive tailored adjustments for your body. Build a strong foundation in alignment principles to improve flexibility, strength, and mindfulness. Whether you're a beginner or advanced practitioner, these sessions offer invaluable guidance to refine your practice.

Guided Ice Bath, Sauna & Breathwork IDR 1,400,000 • 60min

Discover the power within you as you embrace the cold & hot therapy, supported by Anand unwavering guidance and encouragement. Embrace the challenge, unlock your resilience, and emerge from the session feeling refreshed, empowered, and ready to conquer anything life throws your way. Book your session today and embark on a journey towards holistic well-being and self-discovery.

Mind Sound Resonance Technique (MSRT) IDR 950,000 • 60min

Elevate your well-being with a one-to-one session of the MSRT. Using personalized guidance, you'll harness the power of specific sounds, vibrations, and breathing techniques to harmonize your mind and body. This tailored approach helps reduce stress, elevate your mood, and achieve a profound sense of relaxation and balance.

COUNSELING

Naturopathy IDR 950,000 • 60min

Anand is a qualified Naturopath from India, he utilizes natural remedies and lifestyle guidance to enhance health through holistic principles, promoting the body's natural healing processes.

BOOK YOUR APPOINTMENTS: at the reception | contact@yogisgardenbali.com | +62 811-3923-888

Open 9:00am - 8:00pm (last booking at 7pm). To book outside of this hours please contact in advance with the therapist.

Please book any therapies 1 day in advance or at least 4 hours in advance. Full Cancellation charge will be applied if the guest cancel within 4 hours.