
PARK HYATT MALDIVES™

HADAHAA
LUXURY is PERSONAL

vidhun^{the spa}

OUR HOME, OUR HERITAGE

DHIVEHIBEY, OUR INDIGENOUS CURATIVE HERITAGE

Designed to make your spirit shine, Sehathu - good health and Vidhun meaning to shine, is achieved by balancing hot, cold and dry humours in the body -

Hoonu - Cooling

Fini - Heating

Hiki - Hydrating

Operation Hours

Spa Services 9:00 am -- 9:00 pm

Spa Pool 7:00 am -- 7:00 pm

Fitness Center 24 hours

All prices are in US Dollars & subject to 10% service charge and 12% G.S.T.
Menus may be subject to change.

North Huvadho, Gaafu Alifu Atoll, Republic of Maldives,
Tel: +960 682 1234 | Fax: +960 682 1235 | Email: maldives.parkhadahaa@hyatt.com



YOGA AT THE VIDHUN SPA

Our yoga instructor can tailor-make classes to suit your needs including Pranayama - breathing techniques, Surya Namaskar - sun salutations, Asana – postures and Mudras. A wide variety of yoga and meditation sessions are provided, ranging from introductory to advanced level. We offer both sunrise and sunset yoga as well as therapeutic sessions. The on-site yoga instructor offers private sessions on a rotating daily schedule, either in the purpose built yoga studio or on our Dawn Jetty. To ensure guest satisfaction, private classes are limited to a maximum of two (2) adults or four (4) children.

Yoga is practiced performing postures to improve strength, breathing techniques to introduce relaxation. Practicing yoga to stretch, relax, breathe, or meditate results in a sense of inner peace and serenity, which has far-reaching health benefits.

- 1 hour | US\$ 55 per person
- 1 hour | US\$ 95 per couple
- 1.5 hours | US\$ 125 per couple
- 1 hour | US\$ 25 per child

Aqua yoga is a low impact activity. Combining yoga principles and techniques with the buoyancy of water helps practitioners to obtain the optimum stretch.

- 1 hour | US\$ 65 per person
- 1 hour | US\$ 110 per couple

Singing bowls are commonly used in yoga as music therapy and sound healing. Tones emitted are in precise frequencies to create a harmonious and pure ambience for a deep state of relaxation to assist in meditation.

- 1 hour | US\$ 130 per person

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FITNESS CENTER

The 24-hour fitness center is fitted with a range of cardio and strength equipment for complimentary use.