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RAYYA WELLNESS  
A LA CARTE MENU





## RAYYA WELLNESS LEGACY

Rayya's legacy transcends time, a symphony of rejuvenation and harmony. In our pursuit of enriching lives, we introduce you to meticulously crafted well-being services.

These offerings are not just treatments; they are tailored experiences, curated with the guidance and support of our wellness experts, to align seamlessly with your personal intentions for wellness.

At Rayya, well-being is an intricate tapestry of experiences, carefully woven to restore, rejuvenate, and elevate. Whether you're seeking to embark on a new fitness journey, delve into the realms of mindfulness, or nurture your body through therapeutic treatments, our well-being services await you.

Join us as we redefine the art of personal rejuvenation, crafting a symphony of balance, vitality, and serenity that resonates through your very being.

Fall in love with taking care of yourself.





## YOGA

### MORNING BREATHWORK – GROUP SESSION

Whether you seek to enhance focus, reduce stress, or simply bask in the beauty of the present moment, our morning breathwork session invites you to harness the innate potential of your breath for a harmonious and energized start to your day.

### MORNING YOGA – GROUP SESSION

Indulge in a rejuvenating start to your day with our invigorating morning yoga session. Awaken your senses and nourish your body as you flow through a series of gentle yet empowering postures, guided by our experienced instructors.

*Our morning yoga and breathwork practice is thoughtfully designed to enhance flexibility, balance, and inner harmony, setting a positive tone for the rest of your day. Join us in this tranquil journey of self-care and embrace the promise of a balanced, centered day ahead.*

### GENTLE STRETCHING – GROUP SESSION

Aimed at improving flexibility and core strength, the gentle stretching session is curated keeping in mind your current level of fitness and is perfect for all levels, whether you're easing into a wellness routine or seeking to complement an active lifestyle.

### HATHA YOGA

Immerse yourself in the artistry of movement and breath with our Hatha Yoga session, where each pose becomes a brushstroke on the canvas of your well-being. As you flow through each posture, you'll sculpt a symphony of balance and flexibility, harmonizing the rhythm of your heart with the rhythm of your breath.

### YIN YOGA

With Yin yoga, as you hold postures for an extended duration, you'll gently stretch and stimulate the connective tissues, promoting flexibility and restoring a sense of balance.

### ASHTANG VINYASA YOGA

Embark on a transformative journey into the realm of Ashtanga Vinyasa Yoga, a dynamic and systematic practice meticulously designed to elevate both body and mind. Guided by adept instructors, this session synchronizes the art of breath (pranayama) with the precision of movement (asana), threading together a sequence of poses that follow a structured pattern.

### POWER YOGA

Power Yoga's fusion of athleticism and mindfulness offers a powerful path to enhance muscular endurance, flexibility, and overall fitness. Whether you're a fitness enthusiast or a yogi seeking a dynamic twist, our Power Yoga session empowers you to unleash your potential, leaving you invigorated and balanced, both on and off the mat.

### COUPLE YOGA

Experience an enchanting voyage of togetherness with our Couple Yoga session, where the art of yoga transforms into mindful movement of shared harmony, through synchronized movements and intertwined poses. The fluidity of partnered stretches and the grace of mutual assists, create a symphony of trust and alignment, both on the mat and in your bond.

### YOGA THERAPY – PERSONALISED SESSION

Discover holistic healing and empowerment through our specialized Yoga Therapy sessions tailored to address specific wellness needs. Alleviate back pain, arthritis, and gastric issues with specialized poses. Regulate weight, diabetes, and hypertension through mindful movement. Join us to unlock your body's potential for targeted healing and transformation.

### SUNSET YOGA

Experience the ethereal beauty of twilight with our captivating sunset yoga session. As the sun gently dips below the horizon, our yoga practice unfolds, guiding you through poses that evoke a sense of graceful release and rejuvenation.

### CHAIR YOGA

Discover a gentle yet invigorating path to well-being with our Chair Yoga session. Chair yoga is a gentle form of yoga that can be enjoyed by people of all ages and abilities. The poses are modified to be performed while seated or using a chair for support.

## PRE-NATAL YOGA

Nurture your journey into motherhood with our Prenatal Yoga sessions. These gentle and restorative classes are specifically designed to support expectant mothers in every trimester. Through safe and nurturing poses, breathwork, and relaxation techniques, find relief from discomfort, enhance flexibility, and cultivate a deeper connection with your changing body and growing baby.

## POST-NATAL YOGA

Rejuvenate and restore your well-being with our Postnatal Yoga sessions, thoughtfully designed to support and uplift new mothers. Through carefully crafted poses, gently realign and strengthen your body, alleviating tension and promoting recovery. These postnatal yoga sessions provides a soothing haven for you to reconnect with yourself, recharge your energy, and embrace the joys and challenges of motherhood.

## KIDS YOGA (6-14 YEARS OLD)

Explore the delightful adventure of movement and imagination with our Kids Yoga session. This dynamic and interactive experience introduces children to the world of yoga through engaging poses, creative games, and captivating stories. Join us in inviting your little ones to uncover the wonders of yoga, fostering a foundation of wellness that will stay with them as they grow.

## FACIAL YOGA

The facial yoga sessions are designed to strengthen and tone the facial muscles, which can help to reduce the appearance of wrinkles and fine lines, improve circulation and lymphatic drainage and also help to reduce puffiness and dark circles.

## LAUGHTER YOGA

Experience the joyous realm of Laughter Yoga, where laughter becomes a pathway to wellness and connection. Guided by experienced facilitators, our sessions blend playful laughter exercises with yogic deep breathing techniques.

## BREATHWORK (PRANAYAMA)

Elevate your well-being with the ancient art of breathwork, also known as Pranayama. Delve into a realm where each breath becomes a source of vitality and inner balance. Through conscious breathing, you will tap into a wellspring of energy, release stress, and harmonize your being.

## CANDLE GAZING (TRATAKA KRIYA)

Discover the journey of focused introspection with Trataka, the ancient yogic practice of candle gazing. In this meditative session, guided by adept practitioners, you will fix your gaze upon a softly flickering flame, allowing your mind to settle and distractions to fade away.

## NASAL CLEANSING (JALA NETI KRIYA)

Experience the ancient cleansing ritual of Jala Neti Kriya, a practice that rejuvenates and purifies the nasal passages. Guided by experienced practitioners, this gentle yet effective technique involves the cleansing of the nasal passages with a saline solution. Jala Neti Kriya not only provides relief from allergies and sinus issues but also supports mental clarity and a sense of revitalization.



# SOUND HEALING

## SOUND THERAPY

Immerse yourself in the harmonious realm of Sound Therapy, a transformative experience that resonates with the essence of well-being. Through resonant tones, soothing vibrations, and carefully chosen instruments, you'll embark on a sensory journey that dissolves stress, promotes relaxation, and aligns your energies.

## IMMERSIVE SOUND BATH

Surround yourself in the ethereal embrace of our Immersive Sound Bath, a captivating experience that transcends the ordinary and nurtures the soul. Led by skilled sound practitioners, this sensory journey takes you on a profound exploration of soundscapes, where carefully curated instruments and frequencies envelop you in a cocoon of sonic serenity.

## MANTRA CHANTING

Experience the sacred journey of inner resonance with our Mantra Chanting sessions. These sessions invite you to immerse yourself in the rhythmic repetition of ancient sounds and syllables. As you chant, the vibrations of each mantra reverberate within, clearing stagnant energies and inviting a profound sense of tranquility.



## MEDITATION

### MEDITATION – GROUP SESSION

Discover profound inner peace through our guided meditation session. With each breath, you'll cultivate a heightened awareness of the present moment, gently unraveling layers of stress and tension. Join us in this tranquil exploration, where the art of meditation unfolds as a timeless gateway to serenity and holistic well-being.

### GUIDED MEDITATION

Within our tranquil haven, experienced meditation guides will gently lead you on a voyage of mental and emotional rejuvenation. Whether you are a novice seeking peace or a seasoned practitioner deepening your practice, our meditation session offers an oasis of calm where you can embark on a personal journey toward tranquility and balance.

### AUM MEDITATION

The sound of AUM is said to be the primordial sound of the universe, the sound of creation, the sound of consciousness, and the sound of stillness. AUM meditation is a powerful tool for relaxation, stress relief, and spiritual development.

### CHAKRA MEDITATION

This meditation practice delves into the subtle energy centers within, known as chakras, to restore balance and harmony. As you focus your awareness on each chakra's unique qualities, you'll embark on a path of self-discovery and healing. Through visualization, breathwork, and mindfulness, you'll clear blockages and awaken the flow of vital energy, fostering a deep sense of alignment and well-being.

### SUNSET MEDITATION

As the sun gracefully descends, painting the sky in hues of gold and amber, join us for a serene sunset meditation that celebrates the beauty of transitions. Nestled in the embrace of nature's canvas, this guided meditation offers a tranquil sanctuary to unwind and reflect.

### MINDFULNESS MEDITATION

The most effective way to enhance inner wellbeing is to improve and develop an increased awareness and the ability to navigate through thoughts, sensations, and feelings. Mindfulness Meditation offers a sanctuary where you can release stress, enhance mental clarity, and nurture a profound sense of tranquility.

### YOGA NIDRA

Guided by experienced practitioners, this meditative practice takes you to a state of conscious rest, allowing your body and mind to unwind and rejuvenate. Through deep relaxation techniques and guided imagery, you'll journey through the layers of your consciousness, releasing tension and inviting a sense of deep peace.

### PRANIK ENERGIZATION TECHNIQUE

Discover the journey to your inner vitality. Pranic Energization Technique or PET is a guided meditation technique that uses the concept of prana, or life force energy, to energize the body. It is a gentle and relaxing technique that can be beneficial for people of all ages and health conditions.

### COLOUR AND MUDRA THERAPY

Immerse yourself in the healing embrace of Color and Mudra Therapy, where the ancient wisdom of colors and hand gestures converge to restore balance and vitality. Through the power of specific colors and hand placements, you will tap into your body's innate ability to heal and realign.



# WELLNESS COACHING

## INBODY ANALYSIS ASSESSMENT

Unlock a deeper understanding of your body's unique composition through our Body Composition Analysis. This comprehensive assessment goes beyond the scale, providing insights into your body's percentage of lean muscle mass, body fat, and water content. Guided by advanced technology and expert analysis, our session empowers you with valuable information to tailor your wellness journey.

## EMOTIONAL FREEDOM TECHNIQUE (EFT)

Experience emotional liberation with our Emotional Freedom Techniques (EFT) sessions. Guided by skilled practitioners, EFT addresses emotional blockages and promotes holistic healing. Through tapping on specific meridian points while focusing on emotions and thoughts, you'll release stress, anxiety, and negative patterns, creating space for emotional clarity and well-being.

## NEURO-LINGUISTIC PROGRAMMING (NLP)

Neuro-Linguistic Programming or NLP explores the dynamic connection between thoughts, language, and behavior, offering insights and tools to reshape your mindset and achieve your goals. Through tailored techniques and strategies, you'll unlock the potential to overcome limitations, enhance communication, and cultivate a positive outlook.

## BODY-MIND CONSTITUTION ANALYSIS

Guided by experienced practitioners, this comprehensive assessment delves into the intricate balance of your body and mind based on ancient Ayurvedic principles. Through personalized evaluation of your dosha or energies—Vata, Pitta, or Kapha – you'll gain insights into your unique constitution and inherent tendencies. This analysis serves as a roadmap for optimizing your health, offering tailored recommendations on nutrition, lifestyle, and self-care practices to restore harmony and vitality.

## AYURVEDA AND YOGIC DIET WORKSHOP

Explore the ancient wisdom of Ayurveda and Yogic principles to help you discover the ideal diet for your unique constitution. Through interactive discussions and practical insights, you'll uncover the art of mindful eating, harmonizing your nutritional choices with your body's innate needs.

## MINDFUL LIVING WORKSHOP

This immersive session invites you to explore the art of being fully present in every moment. Through practical exercises, discussions, and mindfulness techniques, you'll learn to cultivate awareness, reduce stress, and embrace a deeper connection with yourself and the world around you. This workshop is a profound exploration of the transformative power of mindfulness, offering you the tools to navigate life's challenges with grace and clarity.



# WELLNESS THERAPIES

## CRYOTHERAPY

Cryotherapy involves exposure to sub-zero temperatures, promoting rapid recovery, reduced inflammation, and enhanced circulation. As you embrace the bracing chill, your body's natural healing mechanisms are stimulated, resulting in revitalized muscles, boosted metabolism, and an overall sense of vitality.

## OXYGEN THERAPY

Experience the revitalizing embrace of Oxygen Therapy in our specially designed sessions. This innovative therapy involves breathing in purified oxygen, flooding your body with a surge of invigorating freshness. Through increased oxygen levels, your body's regenerative processes are amplified, promoting cellular rejuvenation and a profound sense of vitality.

## IV THERAPY

Elevate your well-being with our IV Therapy, a personalized infusion of essential nutrients and hydration. Guided by medical experts, this revitalizing treatment delivers a potent blend of vitamins, minerals, and electrolytes directly into your bloodstream, ensuring optimal absorption and rapid replenishment. Experience the transformative benefits of intravenous nourishment, where each drip empowers you to embrace life with renewed vigor, revitalized wellness, and a vibrant sense of balance.

## TERMS & CONDITIONS

### CANCELLATION POLICY

Please provide 24 hours' notice of cancellation prior to your appointment time, to avoid a 100% charge.

### ADVANCED BOOKINGS

We highly recommend booking your wellness experience in advance to ensure that your preferred time and service are available.

### WELLNESS ETIQUETTE

Our wellness environment is one of tranquility and relaxation. Please respect other wellness guests' right to privacy and serenity. Rayya Wellness is a mobile free area.

### AGE REQUIREMENT

The minimum age requirement for access to Rayya Wellness is 18. Children under 18 must be accompanied by a responsible adult aged 18 or older when in the wellness area.

### HEALTH CONDITIONS

Please advise us of any health conditions, allergies or injuries that could affect your service when making your wellness reservation.

### PREGNANCY

We have specially designed experiences for expectant mothers. Please allow your Wellness Coaches to guide you in selecting which treatments are most suitable for you during this special time.

Information on special wellness packages or group programmes can be obtained by contacting the Rayya Wellness reception or by reaching out on

[info@rayyawellness.com](mailto:info@rayyawellness.com)

## PRICES

### YOGA

MORNING BREATHWORK – GROUP SESSION	AED 110
MORNING YOGA – GROUP SESSION	AED 110
GENTLE STRETCHING – GROUP SESSION	AED 110
HATHA YOGA	AED 385
YIN YOGA	AED 350
ASHTANG VINYASA YOGA	AED 385
POWER YOGA	AED 385
COUPLE YOGA	AED 350
YOGA THERAPY – PERSONALISED SESSION	AED 385
KIDS YOGA (6-14 YEARS OLD)	AED 285
PRE-NATAL YOGA	AED 400
POST-NATAL YOGA	AED 400
SUNSET YOGA	AED 385
CHAIR YOGA	AED 350
FACIAL YOGA	AED 280
LAUGHTER YOGA	AED 110
BREATHWORK (PRANAYAMA)	AED 220
CANDLE GAZING (TRATAKA KRIYA)	AED 275
NASAL CLEANSING (JALA NETI KRIYA)	AED 275

### MEDITATION

MEDITATION – GROUP SESSION	AED 110
GUIDED MEDITATION	AED 350
AUM MEDITATION	AED 350
CHAKRA MEDITATION	AED 350
SUNSET MEDITATION	AED 385
MINDFULNESS MEDITATION	AED 350
YOGA NIDRA	AED 300
PRANIK ENERGIZATION TECHNIQUE	AED 350
COLOUR AND MUDRA THERAPY	AED 200

### SOUND HEALING

SOUND THERAPY	AED 550
IMMERSIVE SOUND BATH	AED 300
MANTRA CHANTING	AED 300

### WELLNESS COACHING

INBODY ANALYSIS ASSESSMENT	AED 275
EMOTIONAL FREEDOM TECHNIQUE (EFT)	AED 550
NEURO-LINGUISTIC PROGRAMMING (NLP)	AED 550
BODY-MIND CONSTITUTION ANALYSIS	AED 350
AYURVEDA AND YOGIC DIET WORKSHOP	AED 550
MINDFUL LIVING WORKSHOP	AED 275

### WELLNESS THERAPIES

CRYOTHERAPY	AED 400 PER SESSION
OXYGEN THERAPY	AED 50 PER SESSION
IV THERAPY	AED 705 ONWARDS

