

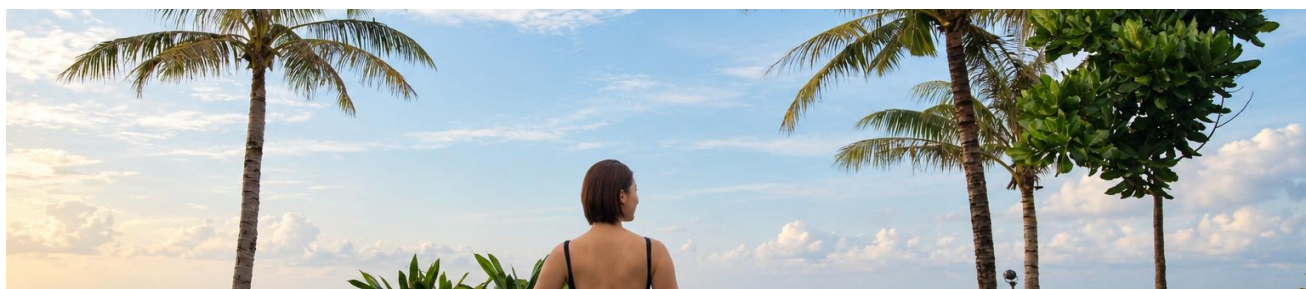
Anapuri Wellness Menu 2026

MOVEMENT • MINDFULNESS • RESTORATION



A curated collection of private wellness experiences

All prices are subject to a 21% tax and service charge and may change without prior notice.
Reservations must be made at least one day in advance and are subject to availability.



PILATES & MOVEMENT

MAT PILATES with Iren (60 minutes)

A full-body workout performed on the mat using body weight and small props. This class focuses on core strength, posture, flexibility, balance, breathing, and body awareness. Suitable for all fitness levels.

1 person	Rp. 750.000/pax
2 – 4 persons	Rp. 500.000/pax
Additional persons	Rp. 200.000/pax

Reformer Pilates (55 minutes)

Rp. 500.000/pax

Using the Classical Reformer, this class provides spring resistance to improve strength, alignment, flexibility, coordination, and control while delivering a full-body workout suitable for all levels.

Wunda Chair (55 minutes)

Rp.500.000/pax

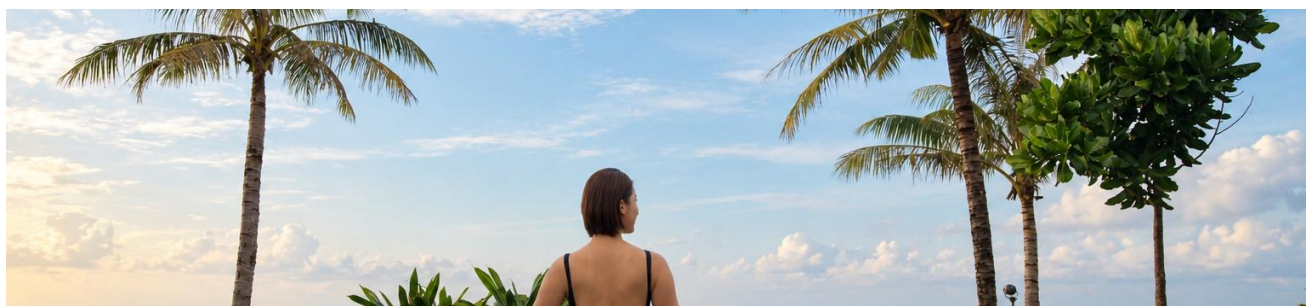
A dynamic class using the Classical Wunda Chair to build core stability, balance, upper and lower body strength, and functional movement. Despite its compact size, it offers a challenging and rewarding workout.

Tower Pilates (55 minutes)

Rp. 500.000/pax

Using spring resistance from the Tower apparatus, this class emphasizes spinal mobility, postural alignment, flexibility, strength, and controlled movement. It is an excellent choice for both rehabilitation and general fitness.

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YOGA & MINDFULNESS

MORNING YOGA (60 minutes)

Rp.500.000/pax (minimum 2 pax)

Morning yoga is the practice of doing a yoga routine shortly after waking up to wake up the body, clear the mind, and set an intentional tone for the day ahead.

Instead of diving straight into a high-intensity workout, a morning practice usually focuses on gentle stretching, spinal mobility, and conscious breathing to shake off sleep stiffness.

Yin Yoga (60 minutes)

Rp.500.000/pax (minimum 2 pax)

If morning yoga is about building heat and waking up, Yin Yoga is the exact opposite. It is a slow-paced, deeply meditative style of yoga where poses are held for a long time—usually between 3 to 5 minutes (and sometimes longer). While active "yang" styles focus on your muscles, Yin targets the deeper connective tissues: the ligaments, joints, deep fascial networks, and bones. When your mind is racing, the long, quiet holds force you to slow down. By practicing slow, diaphragmatic breathing while holding simple postures, you stimulate the vagus nerve. This directly down-regulates the nervous system, bringing you out of "fight-or-flight" and into a deeply grounded, calm state.

Pilates Mat with Amy (60 minutes)

Rp. 500.000/pax (minimum 2 pax)

A Pilates mat workout is a low-impact, bodyweight exercise routine performed entirely on a floor mat. Unlike Reformer Pilates—which relies on large, spring-loaded machines—mat workouts use your own body weight as resistance. The focus is entirely on strengthening your "powerhouse" (the core muscles encompassing your deep abdominals, lower back, pelvic floor, hips, and glutes) while using focused, controlled movements.

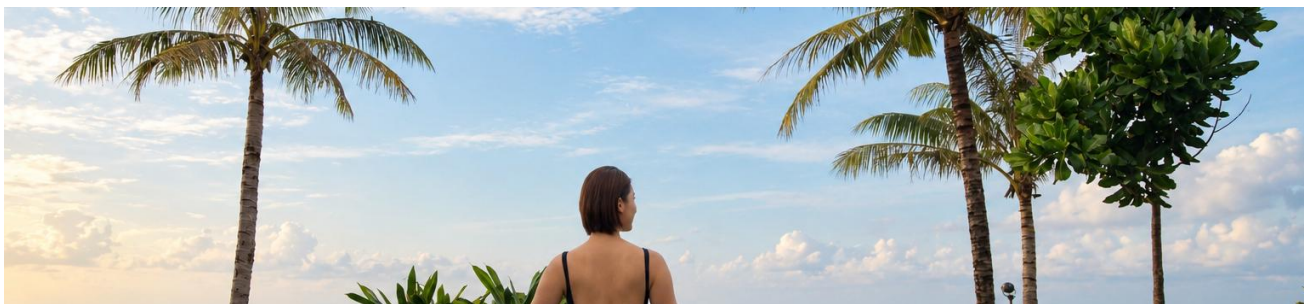
Aquatic Yoga (60 minutes)

Rp. 500.000/pax (minimum 2 pax)

Aquatic yoga (also known as Aqua Yoga or Water Yoga) is the practice of modifying traditional yoga asanas (postures) and breathing techniques so they can be performed in water—usually in a chest-deep swimming pool or warm thermal bath.

By taking yoga off land and placing it in a fluid environment, the laws of physics change. It combines the ancient principles of mindfulness and structural alignment with the therapeutic benefits of hydrotherapy.

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HEALING & RESTORATION

Sound Healing (60 minutes)

Rp. 700.000/pax (minimum 2 pax)

Sound healing (sometimes called a sound bath or sound therapy) is an ancient wellness practice that uses therapeutic sound frequencies, vibrations, and rhythms to bring the body and mind back into a state of balance and harmony.

During a typical session, participants lie down comfortably in a resting pose (like Savasana) while a practitioner plays various specialized instruments. The goal isn't to listen to a catchy melody, but to let the raw acoustic vibrations wash over and physically penetrate the body.

Breathwork and Ice bath (150 minutes)

Rp. 1.750.000/pax

Combining breathwork and ice baths (often referred to as deliberate cold exposure or the cornerstone of the Wim Hof Method) is a powerful dual-system protocol. Together, they create a controlled stress response that optimizes nervous system resilience, mental focus, and cellular recovery.

The magic happens in how these two practices interact: you use specialized breathwork before you get into the water to chemically prime your body, and then you use a completely different style of breathing inside the water to master your mind's reaction to stress.

Inner child Trauma Regression Therapy (120 minutes)

Rp. 3.000.000/pax

Private 1 : 1

Inner child therapy regression is a therapeutic process that guides an individual to safely revisit earlier periods of their life to connect with, understand, and heal wounds that occurred during childhood. When a child experiences trauma, chronic emotional neglect, or overwhelming stress, they often lack the tools to process those complex feelings. To survive, the mind isolates that specific emotional experience. As an adult, when a situation triggers a similar feeling of unsafety, rejection, or abandonment, the individual doesn't respond from their mature, adult self; instead, their nervous system "regresses" and responds from the exact age that the original wound occurred.