

COMPLIMENTARY MINDFULNESS ACTIVITY CALENDAR

DESERT ROCK

SUN

7:30 AM
Vinyasa Yoga

11:00 AM
Restorative Yoga

4:00 PM
Sound Bath

WED

7:30 AM
Hatha Yoga

11:00 AM
Mat Pilates

4:00 PM
Breathwork

THU

7:30 AM
Ashtanga Yoga

11:00 AM
Restorative Yoga

4:00 PM
Sound Bath

FRI

7:30 AM
Floating Sound Bath

11:00 AM
Mat Pilates

4:00 PM
Breathwork

SAT

7:30 AM
Wellness by Music at
The Observatory

11:00 AM
Mat Pilates

4:00 PM
Sound Bath

MINDFULNESS ACTIVITIES LIST



AERIAL YOGA

Private session only

Experience a unique blend of movement, mindfulness, and exploration as you flow with your breath, supported by a soft silk hammock. Move with ease, deepen awareness, and gain a new perspective while opening up your body and mind.

ASHTANGA

A structured and energizing series of postures that will invigorate your body and mind. This dynamic practice builds heat, increases circulation, and cultivates mental focus, leaving you feeling revitalized throughout the day.

BREATHWORK

A guided exploration of traditional breathwork practices. Use the power of your breath to release tension and energy blockages, leaving you feeling calm, refreshed, and energized, fully aligned with your inner self.

MAT PILATES

A low-impact exercise performed on a mat focusing on core strength, flexibility, posture, and body alignment. This mindful practice enhances muscle tone, stability, and overall body balance through controlled movements and breath awareness.



MINDFULNESS ACTIVITIES LIST

VINYASA

A dynamic and flowing practice that unites breath with movement. This sequence builds strength and flexibility while enhancing mental clarity, creating harmony between body and mind with every inhale and exhale.

FLOATING SOUND BATH

A serene wellness experience that combines calming effects of water and therapeutic sound vibrations. Lie back on floating mattress while being surrounded by soothing sounds from instruments of crystal bowls and chimes.

WELLNESS BY MUSIC at THE OBSERVATORY

Begin your morning with an uplifting journey that blends movement, music and sound. The session starts with a mindful climb up to the Observatory, pausing along the way for grounding breaths and gentle stretches surrounded by desert views. At the summit, flow through an energizing yoga practice, music, connecting breaths and movement in rhythm with soundscape. The experience conclude with a guided sound meditation featuring singing bowls and gong, bringing deep balance, clarity and calm.



HATHA YOGA

A slower-paced, grounding practice that focuses on deep, mindful stretches and longer-held poses. Each posture will connect deeply with your inner self, fostering balance, peace, and introspection.

RESTORATIVE YOGA

A deeply relaxing practice. Poses are held for longer durations, allowing you to fully unwind, find peace, and connect to the meditative aspects of yoga, creating harmony between body and mind.

***Private 60-mn session: Single 633 /Couple 978**

All Prices in ﷲ (Saudi Riyal)
Price is including 15% Government VAT.

