

COMPLIMENTARY
MINDFULNESS ACTIVITY
CALENDAR

DESERT ROCK

SUN

7:00 AM

Wellness by Music at
The Pavilion

11:00 AM

Mat Pilates

3:00 PM

Restorative Yoga

WED

9:30 AM

Hatha Yoga

2:00 PM

Sound Bath

6:30 PM

Restorative Yoga

THU

9:30 AM

Vinyasa Yoga

2:00 PM

Breathwork

6:30 PM

Sound Bath

FRI

7:00 AM

Wellness by Music at
The Pavilion

11:00 AM

Restorative Yoga

6:30 PM

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SAT

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Mat Pilates Yoga

3:00 PM

Breathwork

MINDFULNESS ACTIVITIES LIST



HATHA

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.

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.

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.



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

Private session only

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 PAVILION

Begin your morning with an uplifting journey that harmoniously blends mindful movement, music and sound. Set against the stunning backdrop of the Rocky Mountains , the experience begins with intention-setting, grounding breathwork and gentle stretches to awaken the body and calm the mind.

An energizing yoga flow follows , synchronizing breath and movement with a carefully curated soundscape that combines organic rhythms and contemporary electronic music, creating an immersive and inspiring experience.

The journey culminates in a unique sound meditation where the soothing vibration of singing bowls and gong merge with ambient electronic soundscapes, offering a modern sensory experience designed to evoke balance ,clarity ,deep relaxation , and a renewed sense of vitality.



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 580 /Couple 978**

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

