DESERT ROCK

MINDFULNESS ACTIVITIES

COMPLIMENTARY MINDFULNESS ACTIVITY CALENDAR

DESERT ROCK

SUN	**7:00 AM** Hatha Yoga	**11:00 AM** Vinyasa Yoga	**3:00 PM** Sound Bath
WED	**8:30 AM** Hatha Yoga	**11:00 AM** Restorative Yoga	**3:00 PM** Breathwork
THU	**8:30 AM** Vinyasa Yoga	**11:00 AM** Breathwork	**3:00 PM** Sound Bath
FRI	**7:00 AM** Wellness by Music at The Observatory	**11:00 AM** Restorative Yoga	**3:00 PM** Breathwork
SAT	**7:00 AM** Wellness by Music at The Observatory	**11:00 AM** Vinyasa Yoga	**3:00 PM** Sound Bath

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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.



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.

SOUND BATH
A journey through sound and stillness. Immerse yourself in a deep relaxing experience where the soothing vibration of Tibetan singing bowls create a calming soundscape. As the sounds gently surround you, allow your mind to quiet, your breathing slow, and your body settle into a state of deep relaxation.

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MINDFULNESS ACTIVITIES LIST

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.

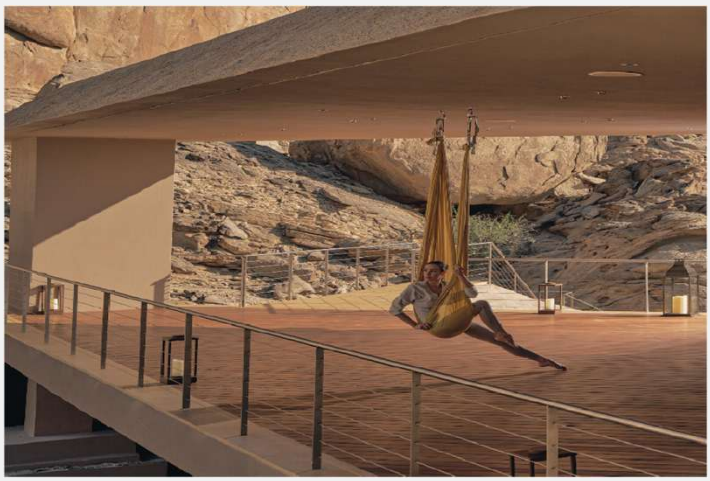
WELLNESS BY MUSIC at THE OBSERVATORY

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 980**

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