THE

SPA

AT CHEDI MUSCAT



CHEDI

MUSCAT

THE

SPA

AT CHEDI MUSCAT

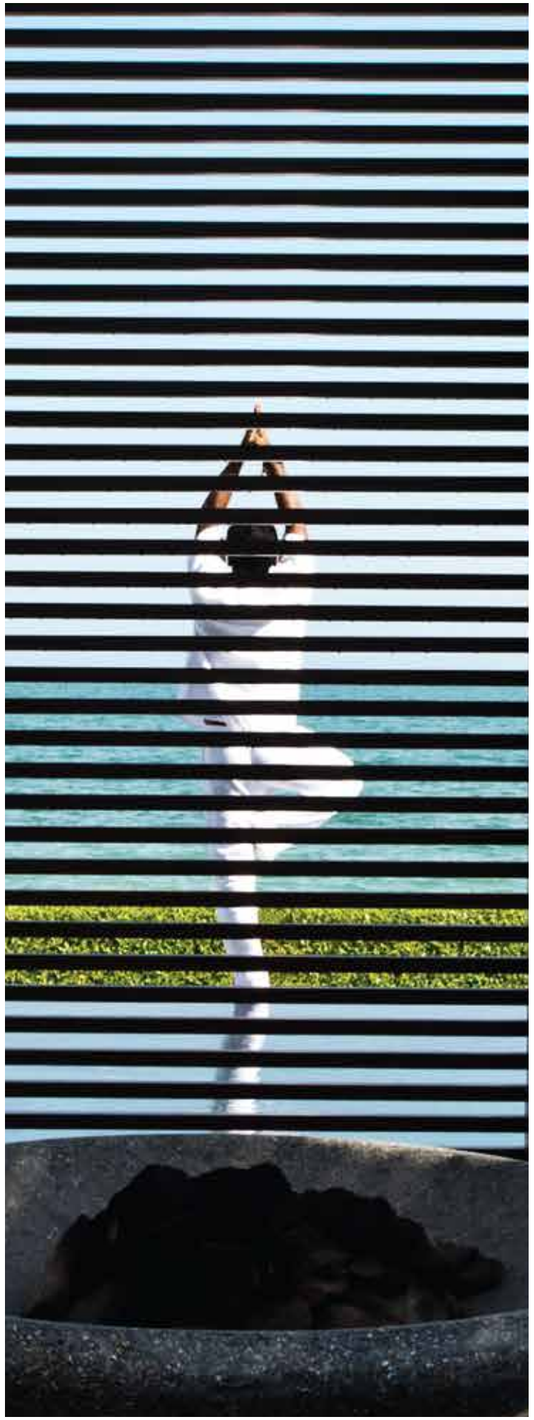
MOVEMENT & WELLNESS AT CHEDI MUSCAT

Welcome to a serene sanctuary for rest and renewal. Rooted in the natural rhythm of its surroundings, our wellbeing space invites you to slow down, breathe deeply and return to a greater sense of balance.

Through mindful movement, timeless healing practices and holistic therapies, each experience is thoughtfully designed to nurture the connection between body and mind.

Our expert practitioners combine considered techniques with an authentic, intuitive touch, creating personalised experiences that restore, revitalise and leave you feeling renewed.





WELLNESS WITH PILLAY

Pillay Gridhar brings an integrated approach to movement and physical wellbeing, drawing on his expertise in fitness training, Myofascial Release, Yoga, Breathwork and Pilates.

Blending mindful movement, therapeutic bodywork and breath-led techniques, he intuitively tailors each session to the individual, supporting strength, mobility, release and a deeper awareness of the body.

His approach is rooted in the connection between how we move, breathe and feel, bringing these disciplines together to create a considered, deeply personal experience that nurtures both body and mind.





BODY ALIGNMENT SESSION

A personalised session tailored to your posture, movement patterns and daily demands. Combining myofascial release, assisted stretching and targeted pressure work, the treatment helps ease tension, enhance mobility and cultivate a deeper awareness of the body.

45 min | OMR 50

GUIDED BREATHWORK

A calming, restorative session combining controlled breathing techniques with energetic awareness to restore mental clarity, release deep tension and bring the body back into balance.

30 min | OMR 25

YOGA FOR MOVEMENT

A flowing yoga session that harmonises movement and breath, designed to stretch, strengthen and deepen your connection to how your body moves.

45 min | OMR 25

PILATES

A full Pilates session using a range of apparatus and props, focused on alignment, length, breath, core stability and functional strength. Designed to build control, enhance mobility and support a more balanced, efficient way of moving.

1 session (60 min) | OMR 35

3 sessions | OMR 90

3–DAY
PERFORM & RECOVER

Move with intention. Recover with purpose.

A three-day movement and recovery programme designed to complement your stay, combining mindful movement, functional training and targeted recovery to leave you feeling stronger, lighter and restored.

OMR 172 per person

YOUR THREE–DAY EXPERIENCE

DAY 1

FLOW & REST

Begin with considered movement and focused release, preparing the body for the days ahead.

MORNING

Precision Pilates + Guided Stretch | 60 min

A purposeful Pilates session combining controlled movement, alignment and core stability, followed by guided stretching to lengthen and restore the body.

AFTERNOON

Focused Tension Release Massage | 45 min

A targeted treatment designed to ease areas of tension, release muscular tightness and restore freedom of movement.

DAY 2

TRAIN & RECOVER

Build functional strength and movement efficiency, followed by guided techniques to support recovery.

MORNING

Kinesis Functional Movement Training | 45 min

A dynamic, full-body session using Kinesis to develop functional strength, mobility, coordination and control.

AFTERNOON

Guided Foam Rolling & Stretch | 30 min

A guided recovery session combining myofascial release and stretching to reduce muscular tension, enhance mobility and support recovery.

DAY 3

STRENGTHEN & NURTURE

Complete your journey with personalised training and a restorative treatment designed to leave the body feeling renewed.

MORNING

Personalised Training Session | 45 min

A tailored training session shaped around your individual goals, movement patterns and physical needs.

AFTERNOON

Performance Recovery Massage | 60 min

A restorative treatment designed to release muscular tension, support circulation and promote recovery following movement and training.



MOVEMENT

Reformer Pilates, Kinesis Functional Movement & Personalised Training

RECOVERY

Focused Tension Release Massage, Performance Recovery Massage & Guided Foam Rolling

POST–SESSION NUTRITION

A nourishing protein blend served daily to support muscle recovery and complement your movement programme.



MOVEMENT SESSIONS

Personalised movement and training sessions designed to build strength, enhance mobility and support functional performance.



PERSONALISED TRAINING SESSION

Personalised strength and conditioning workouts tailored to your goals, combining strength, cardio, flexibility and mobility for a dynamic training session.

1 session (45 min) OMR 25

3 sessions | OMR 65



FUNCTIONAL MOVEMENT

A Kinesis-based session designed to refine movement, elevate flexibility and strengthen the body for improved functional performance.

1 session (45 min) OMR 25

3 sessions | OMR 65

WEEKLY PROGRAM

Complimentary weekly classes to restore balance, build strength and inspire vitality.

Suitable for all fitness levels. The schedule is subject to change without prior notice.

DAY	TIME	CLASS
MONDAY	10:00 am	Boot Camp
	4:30 pm	Aqua Vitality
TUESDAY	10:00 am	Functional Movement
	4:30 pm	HIIT Workout
WEDNESDAY	10:00 am	HIIT Workout
	4:30 pm	Gentle Yoga Flow
THURSDAY	10:00 am	Functional Movement
	4:30 pm	Mindful Breathwork
FRIDAY	10:00 am	HIIT Workout
	4:30 pm	Core Balance Yoga
SATURDAY	10:00 am	Boot Camp
	4:30 pm	Sunset Stretch
SUNDAY	10:00 am	Functional Movement
	4:30 pm	Aqua Vitality

CLASS GUIDE



GENTLE YOGA FLOW

A calming outdoor yoga practice that brings breath and movement into harmony with nature. Gentle flowing sequences ease tension and support balance.

Location: The Chedi Lawn **Duration: 45 minutes**



CORE BALANCE YOGA

A focused yoga practice that strengthens the core, improves posture and refines alignment. Energising sequences build stability and body awareness.

Location: The Chedi Lawn **Duration: 45 minutes**



MINDFUL BREATHWORK

A guided open-air practice using simple yet powerful breathing techniques to ease stress, centre the mind and cultivate calm and clarity.

Location: The Chedi Lawn **Duration: 45 minutes**



SUNSET STRETCH

A restorative outdoor stretch overlooking the tranquil ocean. Gentle movements release tension, enhance flexibility and ease you into the evening.

Location: The Chedi Lawn **Duration: 45 minutes**



FUNCTIONAL MOVEMENT

A dynamic workout using the Kinesis system, alternating wall and cardio exercises to build strength, flexibility and functional performance.

Location: The Health Club **Duration: 45 minutes**



AQUA VITALITY

An uplifting water workout combining strength, flexibility and fluid movement for whole-body vitality.

Location: The Long Pool **Duration: 30 minutes**



BOOT CAMP

A high-energy full-body workout combining strength, cardio, endurance and functional exercises to build fitness, stamina and strength.

Location: The Health Club **Duration: 30 minutes**



HIIT WORKOUT

A high-intensity workout combining short bursts of exercise with brief recovery periods to elevate cardiovascular fitness and develop strength and endurance.

Location: The Health Club **Duration: 30 minutes**

All of the above sessions are available to external guests at OMR 12 per session.



TERMS & CONDITIONS

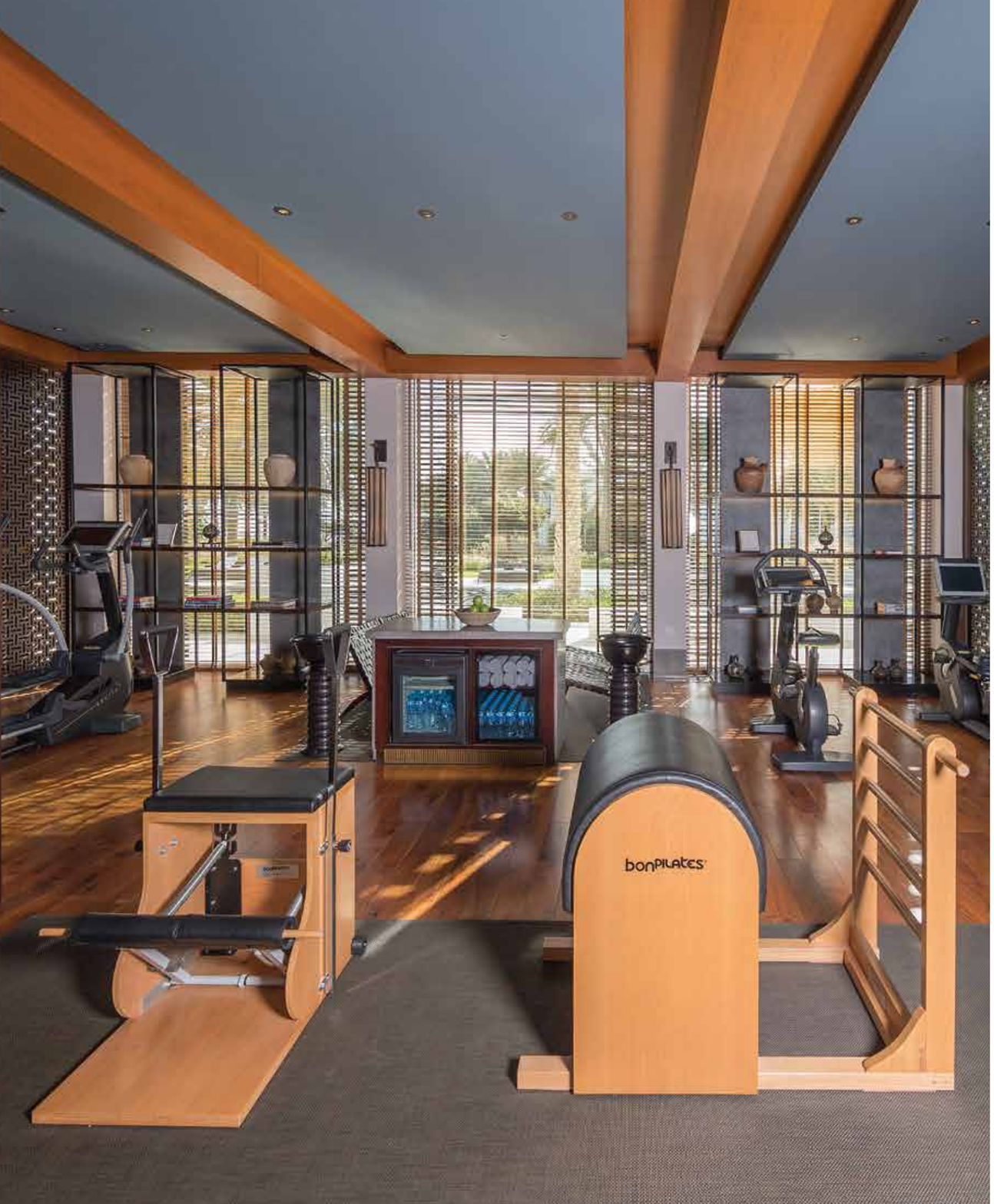
Prior reservation is essential and subject to availability.

Prices are subject to applicable taxes and service charge.

All sessions are tailored to individual goals, fitness levels and lifestyle demands.

For bookings, please contact the Health Club at **healthclub@chedimuscat.com** or **ext. 6770**.

CHEDI
MUSCAT



THE

SPA

AT CHEDI MUSCAT