

JOALI BEING Cure



WELLNESS JOURNEYS WITH MASTER SIFU ANIKET

Himalayan Yogi / Kung Fu Master / Holistic Healer



"Awaken your spirit. Deepen your journey. Embrace the art of wellbeing."

Journey with Himalayan Yogi and gold medallist martial artist Master Sifu Aniket, as he brings together the timeless teachings of the East with a soulful approach to holistic healing. His path began in the stillness of the Himalayas and unfolded through immersive training with Shaolin Warrior Monks, Taoist Masters in China, and Muay Boran practitioners in Thailand.

Rooted in martial arts and elevated by practices such as Kundalini Yoga, Tai Chi, Qi Gong, Crystal Reiki, and Tibetan Sound Healing, Master Sifu guides guests through deeply transformative experiences.

At JOALI BEING Cure, each personalised experience and journey invites you to rediscover clarity, awaken vitality, and reconnect with your truest self.

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PRIVATE SESSIONS

Crystal Reiki Healing

A gentle yet powerful fusion of crystal energy and Reiki, designed to harmonise the body's natural frequencies. This immersive session invites deep relaxation, inner clarity, and emotional balance.

60/90 mins | USD 290/350

Vibrational Sound Healing

Discover the healing resonance of Tibetan singing bowls placed directly on the body. Their soothing vibrations release physical tension, calm the nervous system, and quieten the mind.

60/90 mins | USD 290/350

The Art of Kung Fu

A dynamic session rooted in the philosophies of Wing Chun and Shaolin Chin-Na. Cultivate physical strength and emotional control through precise movement, focus, and breath.

45/60 mins | USD 275/300

Qi Gong & Tai Chi

A graceful practice of flowing postures that supports bone health, cardiovascular function, and emotional equilibrium. Experience a sense of grounded lightness and inner calm.

45/60 mins | USD 275/300



The 18 Hands of Buddha Qi Gong

An ancient series of movements crafted for holistic balance — this practice strengthens muscles, opens energy pathways, and nurtures peace within.

60 mins | USD 300

The Six Healing Sounds of Qi Gong

Harness sound and breath to release emotional blockages and support detoxification. This revitalising practice nourishes the body's vital organs while calming the mind.

60 mins | USD 300

Kundalini Yoga

Awaken your inner energy through the powerful combination of breathwork, mantras, and movement. This session promotes chakra alignment, spiritual clarity, and emotional resilience.

60 mins | USD 200

CURATED JOURNEYS WITH MASTER SIFU

Mindful Relaxation & Healing Journey

Allow your body to unwind and your spirit to realign. This multi-day journey gently guides you toward renewal with breath, sound, and energy therapies.

Inclusions:

- Day 1: Tibetan Sound Bowl Healing | 60 mins
- Day 2: Breathwork & Guided Meditation | 60 mins
- Day 3: Crystal Reiki Healing | 60 mins

3 Days: USD 700 | 6 Days: USD 1,275 per person

Yoga Journey

Reconnect to the essence of yoga as a way of life. This soul-nourishing journey offers powerful practices to awaken Kundalini energy and elevate awareness.

Inclusions:

- Day 1: Classical Hatha Yoga | 60 mins
- Day 2: Shakti Yoga (Power Yoga) | 60 mins
- Day 3: Kundalini Yoga | 60 mins

3 Days: USD 500 | 6 Days: USD 900 per person



Women's Self-Defence Journey

Empowerment through awareness and action. Created for women, this journey sharpens intuition and teaches practical techniques to move confidently and safely through the world.

60 mins | USD 300

3 Days: USD 700 | 6 Days: USD 1,275 per person

Action Journey for Teens (Ages 13–19)

A spirited programme blending martial arts, discipline, and self-confidence. Teens will develop strength and mindfulness through diverse techniques and movement traditions.

45 mins | USD 200

3 Days: USD 500 | 6 Days: USD 900 per person

Martial Arts for Children (Ages 6–12)

An engaging and empowering experience for young guests. Through age-appropriate martial arts practices, children gain focus, coordination, and confidence — all while having fun.

60 mins | USD 200

3 Days: USD 500 | 6 Days: USD 900 per person