THE DATAI
LANGKAWI

Serenity

The Datai Well-being Series

Shilpa Ghatalia
Malaysia
Integrative Yoga Specialist
2 - 19 April 2026

SHILPA GHATALIA
Integrative Yoga Specialist

Explore Integrative Yoga with Shilpa Ghatalia during her residency at our serene rainforest sanctuary. With over three decades of experience, Shilpa's Hatha-based approach harmonises movement, breath and awareness to nurture balance and ease. Integrative Yoga combines traditional Hatha practices with conscious breathing, kriya cleansing, and guided Yoga Nidra to regulate the nervous system, restore energy, and support emotional equilibrium. Sessions are slow, intentional, and deeply calming – releasing tension, restoring alignment, and cultivating a lasting sense of calm. Suitable for all levels, guests are invited to experience practices that leave the body lighter and the mind more centred.

COMPLIMENTARY SESSIONS

Morning Energy and Breathwork

Thursday, 2 April, Saturday, 4 April, Tuesday, 7 April, Saturday, 11 April, and Friday, 17 April at 08:15 and Tuesday, 14 April at 11:00

Location: The Fitness Studio

A revitalising blend of classical breathwork and gentle kriyas to awaken the body from within. These cleansing and energising techniques stimulate circulation, clear stagnant energy, and leave you feeling light, focused, and ready for the day ahead.

Ideal for: jet lag, clearer mind, improved digestion, deeper breathing and natural energy.

To ensure a personalised and attentive experience, sessions are available by advance booking only.

SCHEDULED GROUP SESSIONS

Qi Gong Flow – A Moving Meditation

60-minutes | MYR 150 per person*
Thursday, 2, 9 and 16 April at 17:00, at The Holistic Pavilion

A slow, breath-led standing practice that blends continuous, flowing movement with mindful awareness. Each sequence is designed to ease joint stiffness, improve circulation, and regulate the nervous system without strain or impact.

Ideal for: stress, fatigue, stiffness, mental overload, balance and gentle full-body mobility

Release the Hips and Breathe – Mobility and Breathwork

60-minutes | MYR 150 per person*
Friday, 3 April and Wednesday, 8 April at 17:00, at The Holistic Pavilion

A floor-based class focused on releasing tension in the hips, hamstrings, and lower back while developing steady, effective breathing. Slow stretches and supported postures help improve mobility and reduce stiffness, while simple breathwork techniques encourage the body to relax more deeply into each movement.

Ideal for: tight hips, stiff hamstrings, lower back tension, stress relief, improved flexibility and recovery.

**All prices are subject to 10% service charge.*
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SCHEDULED GROUP SESSIONS

Integrative Hatha Yoga – Slow Flow and Subtle Energy

60-minutes | MYR 150 per person*
Sunday, 5 April at 17:00, at The Holistic Pavilion

A slow, breath-led Hatha practice that blends mindful movement, longer holds, and subtle energetic awareness. Less about intensity, more about integration.

Ideal for: joint mobility, nervous system regulation, improved posture and deep mind–body connection.

Deep Rest Reset – Yoga Nidra and Guided Relaxation

60-minutes | MYR 150 per person*
Monday, 6 and 13 April and Friday, 10 and 17 April at 17:00,
at The Holistic Pavilion

A fully supported, floor-based practice using bolsters and blankets. Through guided awareness and breath, the body enters a state between sleep and meditation where deep repair happens naturally. Just 45-60 minutes of Yoga Nidra can feel like several hours of rest.

Ideal for: stress, poor sleep, anxiety, fatigue and nervous system balance.

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MASTERCLASS

Foundations: Hip Mobility and Breath

90-minutes | MYR 225 per person*
at The Fitness Studio

A focused session designed to improve hip mobility, release tight hamstrings, and support a healthier, more comfortable spine. Learn safe, effective techniques to open the hips, lengthen the back body, and build flexibility without strain. Simple breathwork methods are introduced to help you move with greater ease and go deeper into each posture.

Ideal for: tight hips, stiff hamstrings, lower back tension, beginners building foundations and improving flexibility safely.

Alignment: Standing Strength and Inversions

90-minutes | MYR 225 per person*
at The Fitness Studio

Build strength, balance, and confidence through well-aligned standing postures and accessible inversions. Understand how proper foot placement, pelvic stability, and core engagement create lighter, more efficient movement. Explore flowing standing sequences and guided inversion preparation to develop stability, focus, and full-body strength.

Ideal for: strength building, posture improvement, balance, core stability and learning inversions safely.

Mindful Movement: Meditation and Qi Gong

90-minutes | MYR 225 per person*
at The Fitness Studio

A calm, grounding practice that combines seated meditation with gentle Qi Gong movement. Learn how to sit comfortably, regulate the breath, and quiet the mind with simple, practical techniques you can use daily.
Slow, flowing sequences improve circulation, reduce stress, and support mental clarity.

Ideal for: stress relief, mental focus, better sleep, nervous system reset and developing a sustainable meditation practice.

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PRIVATE SESSIONS

Integrative Yoga Consultation

75-minutes per session

Single session - MYR 450 per person*
3 sessions - MYR 1,280 per person*
5 sessions - MYR 2,025 per person*

A personalised therapeutic session tailored to your body and energy levels. Following a short consultation, Shilpa will design a bespoke blend of breathwork, gentle Hatha, restorative poses, and guided relaxation to address your specific needs – whether stress, sleep, tension, or emotional balance.

Ideal for: first-time yoga guests, injuries, sensitivity, nervous system regulation and post-travel recovery.

Breath as Medicine

60-minutes per session

Single session - MYR 380 per person*
3 sessions - MYR 1,083 per person*
5 sessions - MYR 1,710 per person*

A private one-on-one session centred on personalised breathing techniques designed to regulate the nervous system, expand lung capacity, and restore natural energy flow. Through guided breathwork practices, you'll cultivate calm, mental clarity, and sustainable vitality.

Ideal for: anxiety or overwhelm, poor sleep, asthma, high performers needing focus and athletes.

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