

VISITING PRACTITIONER  
WELLNESS & TRANSFORMATION

# Patwant

## R H O D E S

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*Twenty-four years of practice at the intersection of ancient wisdom and modern science – creating experiences that meet guests where they are, bringing their minds, bodies and souls back into alignment.*

BRAIN LONGEVITY

KUNDALINI YOGA

MEDITATION

REIKI MASTER

GONG SOUND HEALING

YOGA NIDRA

YIN YOGA

BREATHWORK

VENUS KRIYAS

[WWW.PATWANT.CO.ZA](http://WWW.PATWANT.CO.ZA)

24

YEARS  
TEACHING

9

DISTINCT  
PRACTICES

30+

YEARS OF SCIENCE  
BRAIN LONGEVITY



*Some practitioners teach a method.  
Patwant has spent 24 years becoming one.*

Her path has been anything but conventional. Early in her career, alongside studio-based classes and private sessions, she taught Kundalini Yoga in two male forensic wards at a psychiatric hospital, and volunteer-taught in a women's prison in Cape Town.

Over the span of 10 years, she taught at Silver Island Yoga in Greece and has been invited as a Visiting Practitioner by exclusive resorts in the Maldives. She currently holds regular classes, private sessions and co-facilitates Kundalini Yoga Teacher Trainings.

Each modality she offers is complete in itself. Together they form a full spectrum of distinct offerings – practices that initiate balance, healing, renewal, vitality and wholeness. Every session is shaped entirely around each individual guest.

*"I share only what I have witnessed transformation through – not only in my clients' lives but in my own. What I offer has the power to be deeply transformational and healing."*

WHAT PATWANT OFFERS

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# Nine pathways, one destination

*What follows is an overview of Patwant's full range of offerings – available as standalone experiences or woven into a curated wellness programme.*

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Each modality is complete in itself. Together they form a full spectrum of experiences – each powerful in its own right – that initiate balance, healing, renewal, vitality and wholeness. All an invitation to dwell in the wisdom that lies within.

1 HOUR SESSION

## 01 Brain Longevity Therapy

*Guests leave not only clearer and calmer, but with empowering practical tools they can incorporate into their daily lives once home.*

A Brain Longevity Session incorporates a brain-focused yoga session ending with the scientifically researched practice of Kirtan Kriya – shown to lengthen telomeres, reverse memory loss, down-regulate inflammatory genes, reduce depression, stress and anxiety, and increase blood flow to the brain. Based on 30 years of research by the Alzheimer's Research and Prevention Foundation, it addresses the 4 Pillars of Alzheimer's Prevention: Diet & Supplementation, Stress Management, Exercise and Spiritual Fitness.

MEMORY ENHANCEMENT

STRESS REDUCTION

ANTI-INFLAMMATORY

BRAIN LONGEVITY

TELOMERE SUPPORT

1 HOUR SESSION

## 02 Kundalini Yoga Class

*We can elevate our state of being very quickly. Guests are often surprised by how much can shift in a single session.*

Kundalini Yoga is known as the Yoga of Awareness – a dynamic, powerful practice incorporating asanas (body postures), mantras (specific sound currents), mudras (hand positions), pranayama (conscious breathwork) and bhandas (body locks) to create deep shifts physically, mentally, emotionally and spiritually. A one-hour class includes a spinal warm up, a kriya, relaxation and short meditation – shaped collaboratively around what each guest wishes to work with.

PHYSICAL RESET

EMOTIONAL BALANCE

ENERGY REGULATION

MENTAL CLARITY

1 HOUR SESSION

## 03 Kundalini Yoga Meditation

*Meditation connects us with that infinite pool of wisdom that lies within. A non-negotiable daily practice that allows us to navigate life's natural ebb and flow.*

A one-hour Kundalini Yoga Meditation class incorporates a short spinal and nervous system warm up before sitting for the meditation. Kundalini Yoga meditates acutely specifically, drawing from a vast library of teachings: meditations for dropping the past, a calm heart, removing fear of the future, strong nerves, stress release, connecting with infinite energy, emotional balance – and thousands more.

STRESS RELIEF

NERVOUS SYSTEM CALM

EMOTIONAL RELEASE

INNER CLARITY

1 HOUR SESSION

## 04 Kundalini Pranayama – Breathwork

*The quickest way to shift consciousness is through the breath.*

In a one-hour Kundalini Yoga Pranayama class, we work specifically with conscious breathwork – techniques, sequences and meditations that shift energy very quickly. Prana is our life force energy flowing within and around us, drawn into the body primarily through breath. Conscious breathing techniques allow us to self-regulate our moods and emotional states – it can take as little as three minutes to completely shift consciousness into a more elevated, balanced and clear state.

RAPID STATE SHIFT

MOOD ELEVATION

VITALITY

SELF-REGULATION

1 HOUR · 30 MIN OPTION AVAILABLE

## 05 Reiki Energy Healing

*Reiki healing energy is gentle yet powerful. You will receive exactly what your body, mind, energy field and soul requires and is ready for.*

Reiki is a form of energy healing originating in Japan, founded by Japanese Buddhist Mikao Usui. Rei means God/Infinite wisdom; Ki means life force energy. The healer channels infinite, healing life force energy using specific symbols that act as keys, potentiating the healing. Every session is unique — sometimes deeply relaxing, other times beautifully releasing, detoxifying and transformative.

DEEP RELAXATION

ENERGY RESTORATION

EMOTIONAL RELEASE

INNER BALANCE

30 MINUTE SESSION

## 06 Gong Sound Relaxation

*The sound of the gong can shatter through blockages and be deeply restorative and healing on all layers and levels of your being.*

The sound of the gong is incredibly healing, soothing and deeply relaxing. The nervous system balances and unconscious blocks can potentially be released. Some guests fall into deeply relaxing sleep; others experience vivid sensations. The gong impacts the body and its meridians, reduces tension and stimulates circulation. Regular practice also stimulates intuitive sensitivity.

NERVOUS SYSTEM BALANCE

DEEP REST

TENSION RELEASE

INTUITIVE AWAKENING

30 MINUTE SESSION

## 07 Yoga Nidra – Yogic Sleep

*Yoga Nidra guides you on a deeply restorative and gentle self-healing journey.*

Yoga Nidra is a Sanskrit term meaning "yogic sleep" – a state between sleeping and waking where the body is completely relaxed as the practitioner is guided on a deeply relaxing inward journey, entering the alpha state. This stimulates hormones, reduces stress and boosts the immune system. Regular practice harmonises the brain hemispheres, improving sleep quality, alleviating depression, lowering inflammation and enhancing creativity.

DEEP RESTORATION

IMMUNE SUPPORT

SLEEP QUALITY

STRESS HORMONES

BRAIN HARMONY

1 HOUR SESSION

## 08 Yin Yoga

*Each posture is deeply therapeutic, meditative and regenerative, creating space for deep release, mobility and ease.*

Yin yoga targets deep connective tissues – fascia, ligaments, joints and bones. A slower, more meditative practice that creates space to tune deeply inward and access the therapeutic healing potential of each pose. Postures are held for three to five minutes, or up to 20 minutes at a time, creating a deeply meditative, regenerative and healing practice.

DEEP TISSUE RELEASE

FASCIAL HEALTH

MEDITATIVE DEPTH

JOINT MOBILITY

45 MINUTE SESSION

## 09 Partner Meditation – Venus Kriyas

*Couples often describe this as one of the most connecting things they have done together – simple in form, but quietly profound in effect.*

A meditation practice for partners – a series of short 3-minute meditations incorporating gazing into your partner's eyes, with specific hand mudras and movements. Beautiful and uplifting, these practices are intended to elevate and foster deep connection and unity consciousness.

COUPLES CONNECTION

UNITY CONSCIOUSNESS

EMOTIONAL INTIMACY

UPLIFTMENT

# What she brings to your resort

01

## Depth That Took Decades

Nine modalities, one practitioner — these offerings reflect a lifetime of experience and an integrated understanding of what human beings require to restore themselves.

02

## Range That Inspires Trust

From forensic psychiatric wards to private island retreats, from community programmes to five-star resorts — Patwant has worked with a vast client base in diverse environments. That

03

## A Presence Guests Remember

Patwant holds space in the truest sense. Guests feel safe, seen and genuinely cared for. Her warmth, steadiness and depth of experience create conditions in which real change becomes possible.

04

## Offerings That Stand Apart

From Brain Longevity Therapy to Venus Kriyas for couples, Patwant brings offerings that are genuinely distinctive — enriching your wellness programme with something guests are unlikely to find anywhere else.

*"The body knows how to heal. My work is simply to create the conditions that make it possible."*

# Patwant Rhodes

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