

Inner Peace Retreat

Stress is cumulative and its impact is often ignored. The long term result is a slow breakdown in physical and emotional health. Chiva-Som's Inner Peace retreat will teach you positive ways to manage stress. With choices from emotionally therapeutic sessions such as flower remedies, Emotional Freedom Technique, meditation or heart math you can learn techniques that will suit your own style and requirements. Exercise is one of the strongest stress relievers there is. Private sessions with our personal trainers introduce you to a range of exercises and power walking - which should become a sustainable habit.

Longer retreats include relaxing massages and therapies, to help you learn to really unwind – including our famous Watsu water therapy. If you stay 10 nights or more a naturopathic consultation will give you insights on how to manage stress through nutritional and herbal therapies, and lifestyle and dietary changes.

Included:

- Individual health and wellness consultation (45 mins)
- 3 spa cuisine meals per night (beginning with dinner)
- Complimentary physical analysis (30 mins) and skin consultation are available if required
- Daily fitness and leisure activities (8 classes daily)
- Unlimited use of Water Therapy Suites (Steam, Sauna and Jacuzzi)

Plus:

5-Night Inner Peace:

- 5 Nights accommodation
- 5 Daily Massages (Thai, Chiva-Som, Invigorating or Relaxing Foot)
- 2 Emotional Development Sessions*
- 2 Private Fitness Session**
- 1 Back, Neck and Shoulder Massage

7-Night Inner Peace:

- 7 Nights accommodation
- 7 Daily Massages (Thai, Chiva-Som, Invigorating or Relaxing Foot)
- 3 Emotional Development Sessions*
- 2 Private Fitness Sessions**
- 1 Back, Neck and Shoulder Massage
- 1 Aquatic Therapy (Watsu)
- 1 Oriental Scalp Massage or 1 Oriental Foot Ritual

10-Night Inner Peace:

- 10 Nights accommodation
- 10 Daily Massages (Thai, Chiva-Som, Invigorating or Relaxing Foot)
- 3 Emotional Development Sessions*
- 3 Private Fitness Sessions**
- 2 Back, Neck and Shoulder Massages
- 1 Aquatic Therapy (Watsu)
- 1 Oriental Scalp Massage or 1 Oriental Foot Ritual
- 1 Holistic Bodywork Session***
- 1 Naturopathic Consultation or 1 Iridology
- 1 Five Elements Therapy

14-Night Inner Peace:

- 14 Nights accommodation
- 14 Daily Massages (Thai, Chiva-Som, Invigorating or Relaxing Foot)
- 4 Emotional Development Sessions*
- 4 Private Fitness Sessions**
- 2 Back, Neck and Shoulder Massages
- 1 Aquatic Therapy (Watsu)
- 2 Oriental Scalp Massages or 2 Oriental Foot Rituals
- 1 Holistic Bodywork Session***
- 1 Naturopathic Consultation or 1 Iridology
- 1 Five Elements Therapy

* Emotional Development Session - choose from:

Quantum Emotional/Physical Release, Flower Remedies, Meditation, Heart Math

** Private Fitness Session – choose from:

Personal Training, Tai Chi, Thai Boxing, Pilates, Yoga

*** Holistic Bodywork Session – choose from:

Chi Nei Tsang, Acupressure Reflexology, Shiobhyanga, Flower Essence Body Work

21-Night or longer retreats also available on request