

## Yoga for Life

Yoga has become one of the most popular health practices. A good yoga practice can rejuvenate the body, calm the mind, and help heal the spirit through a greater sense of awareness.

Immerse yourself in yoga; enjoy daily group classes and private one-on-one tuition. Our instructors teach less common aspects of yoga including meditation, pranayama, and some Ayurvedic cleansing techniques for a complete experience. They can guide you through various styles, incorporating Hatha, Vinyasa, Yin, Ashtanga, or Iyengar yoga. You will work together to design a personal programme to achieve overall improvement. We help you stay inspired for a consistent, fulfilling practice that lasts a lifetime. Regardless of your age, ability, background, medical history or lifestyle, our experienced therapists will assist you in discovering yoga as a complete, holistic approach to health and wellbeing. Your yoga practice becomes a tool of self-empowerment and healing in every aspect of your daily life – a lasting, powerful transformation.

### **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:**

#### 3-Night Yoga for Life:

- 3 Nights accommodation
- 3 Daily Massages (Thai, Chiva-Som, Invigorating or Relaxing Foot)
- 1 Private Yoga Session\*
- 1 Asthanga Yoga (90 mins)

#### 5-Night Yoga for Life:

- 5 Nights accommodation
- 5 Daily Massages (Thai, Chiva-Som, Invigorating or Relaxing Foot)
- 2 Private Yoga Sessions\*
- 1 Asthanga Yoga (90 mins)
- 1 Pranayama
- 1 Chanting & Meditation

7-Night Yoga for Life:

- 7 Nights accommodation
- 7 Daily Massages (Thai, Chiva-Som, Invigorating or Relaxing Foot)
- 4 Private Yoga Sessions\*
- 1 Asthanga Yoga (90 mins)
- 1 Pranayama
- 2 Chanting & Meditation

10-Night Yoga for Life:

- 10 Nights accommodation
- 10 Daily Massages (Thai, Chiva-Som, Invigorating or Relaxing Foot)
- 6 Private Yoga Sessions\*
- 1 Asthanga Yoga (90 mins)
- 1 Pranayama
- 2 Chanting & Meditation
- 1 Shirodhara or 1 Abhyanga

14-Night Yoga for Life:

- 14 Nights accommodation
- 14 Daily Massages (Thai, Chiva-Som, Invigorating or Relaxing Foot)
- 8 Private Yoga Sessions\*
- 2 Asthanga Yoga (90 mins)
- 2 Pranayama
- 2 Chanting & Meditation
- 1 Shirodhara or 1 Abhyanga

\* Private Yoga Session - choose from:

Hatha Yoga, Iyengar Yoga, Vinyasa Yoga, Yin Yang Flow (60 mins)

21-Night or longer retreats also available on request