



Discover Yoga

*Immerse yourself in a daily practice of hatha yoga to maintain body and mind balance.
Relieve modern day concerns, be they stress, mild depression or muscle stiffness caused by sedentary lifestyles.
Develop the ability to control your state of mind and overcome self-limiting thoughts.
Keep the body strong, centered, powerful and flexible.*

Ideal for complete yoga novices and guests looking for alternative body and mind practice, the **Discover Yoga** program combines private sessions of hatha yoga, meditation and *pranayama* (breath regulation) with Six Senses signature treatments.

The ultimate goal is to help you develop an understanding of how the body engages in each posture, while the yoga master guides your awareness to specific areas and aspects of the practice to enhance the body's natural intuition.

Inclusions	3 nights	5 nights	7 nights
Yoga consultation	1	1	1
Personalised Yoga per room (1 hour)	1	2	3
Pranayama per room		1	1
Guided Meditation per room	1	1	1
Chakra Balancing (30 mins)			1
Thai Massage (1 hour 30 mins)			1
Signature Massage (1 hour)	1	2	2
Hot Stone Massage (1 hour 30mins)			1
Signature Facial (1 hour)			
Indian Head Massage (45 mins)			
Reiki (1 hour)	1	1	1
Price per person	€435	€600	€1290
Price per 2 people (sharing a room)	€690	€750	€1,940

Prices are quoted in Euros and include tax.
Prices exclude accommodation.

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