



RELAX  
REPLENISH  
REVIVE

Experience the rich practice of yoga with our International Yoga instructor Natvar Lal, offering you a wide array of options to choose from, including Ayurveda treatments and Western therapies. He has worked in India, Turkey, Japan and Maldives in luxurious properties.

**TRIAL SESSION - 45 MNS**

Yogic warm up body exercise & general Yoga posture  
Single 450 SCR / Double 750 SCR

**BLISSFUL SESSION - 60 MNS**

Yogic warm up body exercise, intermediate Yoga posture & Pranayama  
Single 550 SCR / Double 900 SCR

**MEDITATION & PRANAYAM AT RAMASSE TOUT HIKING POINT**

Meditation and breathing exercise  
Single 550 SCR / Double 900 SCR

# YOGA MENU

**YOGA AND THAI STRETCHING - 45 MNS**

A traditional Thai stretching that improves blood circulation, open your joints and improves body flexibility  
Single 450 SCR / Double 750 SCR

**AQUA YOGA SESSION - 45 MNS**

Relaxing and soothing yoga postures at the swimming pool  
Single 550 SCR / Double 900 SCR

**THE 3 DAYS JOURNEY - 3 HOURS**

Combination of Asthanga, Vinyasa, Posture, Meditation & Pranayam  
Single 1450 SCR / Double 2400 SCR

**THE 5 DAYS JOURNEY - 5 HOURS**

Combination of Asthanga, Vinyasa, Posture, Meditation, Pranayam & Thai Stretching  
Single 2350 SCR / Double 4100 SCR

**THE 7 DAYS JOURNEY - 7 HOURS**

Combination of Asthanga, Vinyasa, Posture, Meditation, Pranayam, Thai Stretching & Aqua Yoga  
Single 4000 SCR / Double 6500 SCR

PLEASE APPROACH OUR CONCIERGE DESK FOR BOOKINGS