

## Yogic Detox

*Cleanse the body and mind through this ancient, yet effective practice.  
Increase your energy levels, improve clarity of thought and enjoy a quieter mind.  
Boost your immune system.*

Ideal for yoga aficionados and guests looking for less punishing detox programs, **Yogic Detox** combines aspects of *asanas* (hatha yogic postures), *pranayama* (breath regulation), meditation and *satkriya* (movement and breath exercise) to offer a profound experience. This program is complemented by a variety of detox and energy treatments.

The ultimate goal is to detoxify the body and mind in a controlled and safe manner.

Inclusions	Five nights
Yoga consultation (30 minutes)	1
Personalized Yoga per room (60 minutes)	4
Pranayama per room (45 minutes)	1
Guided meditation per room (45 minutes)	1
Yoga stretching (60 minutes)	2
Detox Massage ( 60 minutes)	1
Detox Cleansing Ritual (90 minutes)	1
Holistic Massage (60 minutes)	1
Deep Tissue Massage (60 minutes)	1
<b>Price per person</b>	<b>Euro 1280</b>
<b>Price for two people sharing a room</b>	<b>Euro 1760</b>

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