



## 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	Three nights	Five nights
Yoga consultation (30 minutes)	1	1
Personalised yoga per room (60 minutes)	1	2
Pranayama per room (45 minutes)	1	1
Guided meditation per room (45 minutes)		1
Rose Renewal (80 minutes)		
Signature Massage (60 minutes)	1	1
Absolute Wellness Massage with Crystals (80 minutes)	1	1

### About the Yogi

Eleni Malakou is an experienced instructor with advanced training in hatha yoga. She's been practicing yoga for over six years and is knowledgeable in many styles such as restorative, Vinyasa, Ashtanga, prenatal, postnatal and acrobatic yoga. She also specializes in physiotherapy with a specific focus on musculoskeletal and neurological problems in adults and children. In addition, Eleni is an anatomy instructor for yoga and Pilates teacher training courses.

### Six Senses Spa Mykonos at Belvedere Hotel

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