
THE CURATIVE YOGA

Designed to empower and support individuals toward health and well-being, yoga therapy uses specific yoga practices and their known benefits to help alleviate or improve mental and physical ailments. Discover the natural healing capacity of the body and mind through a self-empowering therapeutic program designed by our yoga therapist.

Due to its integrative nature, Yoga Therapy works as a supportive and complementary approach across a broad spectrum of ailments, from arthritis, back pain, hypertension, sleep disorders, respiratory and digestive issues, diabetes, and chronic stress.

6 nights/7 days

DAILY PROGRAMME

DAY 1

- private consultation with a yoga therapist
- 60 minute individualized yoga therapy session
- 60 minute pranayama session

Day 2

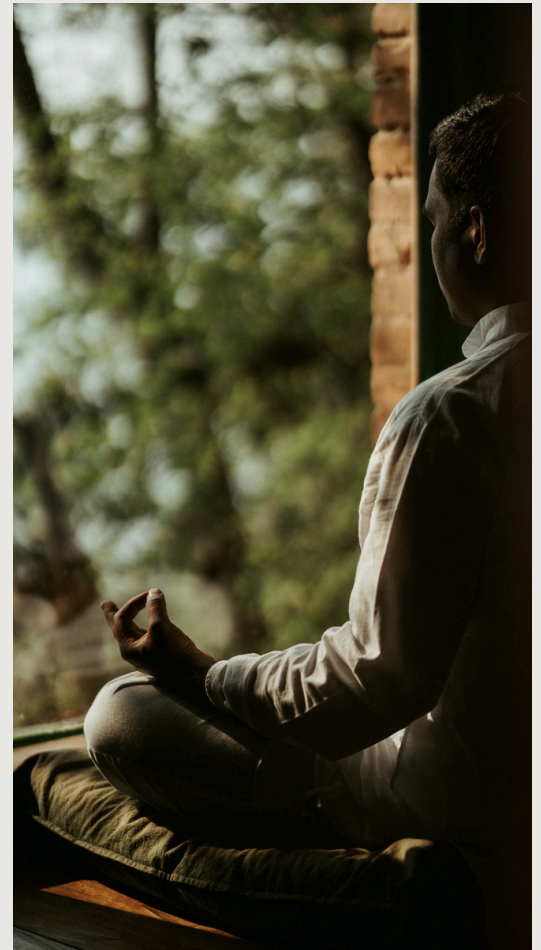
- 60 minute yoga therapy session
- 60 minute cyclic meditation
- 60 minute sound healing therapy session

Day 3

- 60 minute yoga therapy session
- Mind Sound Resonance Technique (MSRT)
- 30 minute evening trataka practice (candle meditation)

Day 4

- 60 minute yoga therapy session
- 60 minute om meditation
- 60 minute pranayam session



DAY 5

- 60 minute yoga therapy session
- 60-minute sound healing therapy session
- 60 minute chakra healing meditation

Day 6

- 60 minute yoga therapy session
- 40 minute cycle meditation
- 60 minute pranayam session

Day 7

- Yoga therapy session
- 60 minute healing mantra meditation session
- closing blessing ceremony with priest

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INCLUSIONS

- 3 night accommodation
- Ayurvedic Doctor consultation
- 3 individualised ayurvedic spa treatments

Junior Suite

Single	Double	Triple
\$5,400	\$8,400	\$11,800

(*Inclusive of applicable taxes)