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# 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.

3 nights/4 days

## DAILY PROGRAMME

### DAY 1

- private consultation with yoga therapist
- individualized yoga therapy session
- pranayama session

### Day 2

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

### Day 3

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

### Day 4

- yoga therapy session
- om meditation
- closing blessing ceremony with priest



## INCLUSIONS

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

## Junior Suite

Single	Double	Triple
\$2,860	\$4,420	\$6,300

(\*Inclusive of applicable taxes)