

## DISCOVER YOGA

Experience a new form of body and mind exercise, release any stress and enjoy improved flexibility plus a stronger and more powerful body. This program combines private sessions of hatha yoga, guided meditation and breathing exercise with signature massages and energy treatments.

### WELLNESS PROGRAMS

Rates are subject to 17.4% tax & service charge.

	3 Nights	5 Nights	7 Nights
Discover Yoga	No. Activities	No. Activities	No. Activities
Yoga Consultation 30 min	1	1	1
Personalized yoga 60 min	1	2	3
Pranayama 30 min	x	1	1
Guided Meditation 30 min	1	1	1
Thai Massages 90 min	x	x	1
Signature Massages 60 min	1	2	2
Hot Stone Massages 90 min	x	x	1
Foot Acupressure 60 min	1	1	1
Program Wrap-up	1	1	1
	Price for Package Only		
Price per person USD	403	689	1131
Price per person USD	803	1378	2262
	Price Including Full Board		
Price per person USD	793	1339	2041
Price per couple USD	1583	2678	4082