



Yoga. Prices 2022

FULL-BOARD ACCOMMODATION AND TREATMENTS

PRICES 2022	Low season			Mid season			High season		
	D	A	S	D	A	S	D	A	S
Yoga									
7 NIGHTS	1505	840	1750	1589	924	1859	1715	1050	2021
4 NIGHTS	898	524	1014	950	576	1078	1029	655	1174

LOW SEASON: From 27-03 to 11-06 and from 11-09 to 31-12.

MID SEASON: From 12-06 to 30-07 and from 28-08 to 10-09.

HIGH SEASON: From 31-07 to 27-08.

Prices per person, full board. VAT included.

The accompanying person price is for the person who does not receive the treatments and who accompanies the person in the programme.

THALASSOTHERAPY AND SPECIFIC TREATMENTS	7 nights	4 nights
Biomarine circuit: access to hydrotherapy circuit as prescribed (seawater thermal pool, underwater whirlpool beds, jet seats, cervical jets, lumbar jets, jacuzzi, Finnish sauna, marine vaporarium, Turkish bath) Maximum recommended duration: 2 h	6	3
Welcome talk about the five principles of yoga	Yes	Yes
Yoga (60 min) and meditation (30 min), mornings or afternoons	6	3
Kerala Ayurveda Technique: ancient Hindu techniques. Essential oils, herbs and spices are used to achieve psychophysical balance and induce a state of inner peace		
Prana and Dara massage (60 min)	1	1
Pindasweda massage (30 min)	1	-
Rebalancing Zen bath with Brittany algae and Lavender essential oils	1	-
Aromatic massage (an anti-stress sensorial massage intended to reach deep relaxation and relieve both mental stress and muscular tension) (50 min)	-	1