



# PALASIET

Thalasso Clinic & Hotel

## Yoga. Rates 2023

FULL-BOARD ACCOMMODATION AND TREATMENTS

RATES 2023	Low season			Mid season			High season		
	Double	Accomp.*	Single	Double	Accomp.*	Single	Double	Accomp.*	Single
Programmes									
<b>Yoga</b>									
7 NIGHTS	1617	966	1904	1708	1057	2023	1855	1204	2212
4 NIGHTS	962	594	1084	1020	652	1156	1108	740	1260

Prices in €

LOW SEASON: From 17-03 to 03-06 and from 24-09 to 31-12.

MID SEASON: From 04-06 to 29-07 and from 27-08 to 23-09.

HIGH SEASON: From 30-07 to 26-08.

Prices per person, full board. VAT included. Prices for half-board stays: 28 € reduction per person and night.

\*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 (36°C seawater thermal pool, underwater whirlpool beds, jet seats, cervical and lumbar jets, Finnish sauna, marine vaporarium, Turkish bath and several Jacuzzi types. Maximum recommended duration: 90 min)	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 (50 min)	1	1
Pindasweda massage (25 min)	1	-
Aromatic massage (an anti-stress sensorial massage intended to reach deep relaxation and relieve both mental stress and muscular tension) (50 min)	1	1