

YOGA-WEEK IN YOUR HOLIDAY HOME

PRIVATE LESSONS · 60 MIN · YOGA OR PILATES

€uro 65 with 1-2 persons

€uro 90 with 3-5 persons

€uro 120 with more than 5 persons

MASSAGE

From €uro 65 / 60 Min.



May the long time sun shine upon you,
all love surround you,
and the pure light within you
guide your way on...

Dipl. Yoga teacher, Pilates and back trainer



"SOLO-YOGA"

6 days (Sunday-Friday) 9:00 am: 90 minutes Yoga in the villa, in the gardens, at powerful places or at the beach. Additional on Sunday : 3 hours where you will find your constitutional type and be introduced into Ayurveda

Min. 8 persons : 90 Euro per Person/Week

Min. 12 persons : 70 Euro per Person/Week



"YOGA-TOTAL"

arriving, relax, come together and at 6:00 pm enjoying a welcome-drink...

Ayurvedic-3-course-menu at 7:00 pm with an alcohol free cocktail like lime/ginger with fresh fruits

6 Days (Sunday - Friday) 8:00 am : the day starts with ayurvedic hot water, ginger-tea, fruits, nuts or sweet-aromatic mallorquin almonds

8.30 am : 60 minutes Yoga – in the villa, in the gardens, at powerful places or at the beach

After the yoga lesson we will enjoy a yogic-ayurvedic breakfast with mallorquin specialities

Then it's time to enjoy the sun, the beach and the sea, or time to go for a walk, meditate or have a massage...

Dolce vita !

3 Days at 4:00 pm (Sunday - Tuesday - Thursday) 60 minutes yoga

By appointment : 3 hours introduction into Ayurveda where we also find out your own constitutional type

Min. 8 persons : 150 Euro per Person/Week

Min. 12 persons : 120 Euro per Person/Week