

## **YOGA-WEEK IN YOUR HOLIDAY HOME**

### **PRIVATE LESSONS · YOGA · PILATES**

€uro 45 / 60 Min.

€uro 65 / 90 Min.

### **CLASSIC AYURVEDIC MASSAGE**

60 €uro / 60 Min.



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

Sabine Seva Simran Kaur

Dipl. Kundalini 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 : 70 Euro per Person/Week

Min. 12 persons : 55 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 : 90 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 ) 90 minutes Kundaliniyoga

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

Min. 8 persons : 130 Euro per Person/Week

Min. 12 persons : 110 Euro per Person/Week