

## **YOGA IN YOUR HOLIDAY HOME**

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

60 Min · Euro 50 · Extra person Euro 20 per person

90 Min · Euro 65 · Extra person Euro 25 per person



### **“ 3 GLORY DAYS ”**

Yoga or Pilates during 3 days

3 x 90 Minutes · Euro 150

Extra person · Euro 60 per person



## “ 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 per Week

Min. 12 persons : 55 Euro per Person per Week



## “ YOGA-TOTAL ”

arrive, relax, get 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 and ginger with some 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 local 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, La Dolce Vita...

3 Days with 90 min Yoga in the afternoon  
Sunday - Tuesday - Thursday

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

Min. 8 persons : 130 Euro per Person per Week

Min. 12 persons : 110 Euro per Person per Week