



## Discover Yoga

*Immerse yourself in a daily practice of Hatha Yoga and maintain the body and mind balance. Relieve modern day concerns; be they stress, mild depression or muscle stiffness caused by sedentary lifestyles. Develop the ability to control your state of mind and overcome self-limiting thoughts. Keeping the body strong, centred, powerful and flexible.*

Ideal for complete Yoga novices and guests looking for alternative body and mind practice, the **Discover Yoga** programme combines daily private sessions of Hatha Yoga, meditation and pranayama with Six Senses signature treatments.

The ultimate goal is to help you develop an understanding of how the body engages in each posture, while the Yoga masters guide your awareness to specific areas and aspects of the practice to enhance the body's natural intuition.

| Inclusions  | 3 nights | 5 nights | 7 nights | 10 nights | 14 nights |
|---|----------|----------|----------|-----------|-----------|
| Yoga consultation (30 min)                                | 1        | 1        | 1        | 1         | 1         |
| Personalised Yoga per villa (1 hour)                      | 1        | 2        | 3        | 4         | 5         |
| Pranayama per villa (45 min)                              |          | 1        | 1        | 1         | 3         |
| Guided Meditation per villa (45 min)                      | 1        | 1        | 1        | 2         | 2         |
| Chakra Balancing (20 mins)                                |          |          | 1        | 1         | 2         |
| Thai Massage (1 hour 30 min)                              |          |          | 1        | 1         | 2         |
| Signature Massage (1 hour)                                | 1        | 2        | 2        | 3         | 4         |
| Hot Stone Massage (1 hour 30min)                          |          |          | 1        | 1         | 2         |
| Signature Facial (1 hour)                                 |          |          |          | 1         | 1         |
| Indian Head Massage (1 hour)                              |          |          |          | 1         | 2         |
| Reiki (1 hour)  | 1        | 1        | 1        | 2         | 2         |
| Price per person spa only for upgrade                     | \$520    | \$870    | \$1,400  | \$2,210   | \$3,170   |
| Price per 2 people spa only for upgrade (sharing a villa) | \$810    | \$1,310  | \$2,225  | \$3,610   | \$5,260   |

### About the practitioner

Melody is from the Far North East of India, specialising in Classical forms of Hatha Yoga, Mat Pilates, Ayurvedic and Spa therapies. Melody studied Hatha and Ashtanga Yoga in Rishikesh, which is the birthplace of Yoga and Meditation, and Sivananda Ashram in Kerelal, India.

Prices are quoted in US dollars and include tax and service charge.

### Six Senses Spa at Soneva Kiri

110 Moo 4, Koh Kood Sub-District, Trat 23000, Thailand

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SIX SENSES SPA

## Yogic Detox

*Cleanse the body and mind through an ancient yet effective practice. Increase your energy levels, improve clarity of thought and enjoy a quieter mind. Rest and improve your digestive system through sensible eating of whole foods. Boost the immune system.*

Ideal for Yoga aficionados and guests looking for less punishing detox programmes, **Yogic Detox** combines aspects of asana (Hatha yogic postures); pranayama, meditation and a balanced diet along with Satkriya to offer a profound experience. These programmes are complemented by a variety of detox and energy treatments.

The ultimate goal is to detoxify the body and mind in a controlled and safe manner.

| Inclusions   | 5 nights       | 7 nights       | 10 nights      | 14 nights      |
|--|----------------|----------------|----------------|----------------|
| Yoga consultation (30 min)                                       | 1              | 1              | 1              | 1              |
| Personalized Yoga per villa (1 hour)                             | 2              | 3              | 4              | 6              |
| Pranayama per villa (30 min)                                     | 1              | 2              | 3              | 4              |
| Guided meditation per villa (45 min)                             | 1              | 1              | 2              | 3              |
| Thai Massage (1hour 30min)                                       | 1              | 1              | 2              | 2              |
| Yogic Intestinal Cleanse (60 min)                                | 1              | 1              | 1              | 2              |
| Detox Massage (1 hour)   | 1              | 1              | 2              | 2              |
| Detox Scrub (30 min)   |                | 1              | 1              | 2              |
| Detox Body Wrap (45 min)   |                | 1              | 1              | 2              |
| Holistic Massage (1 hour)  |                | 1              | 2              | 2              |
| Reiki (1hour)  |                |                | 1              | 2              |
| Signature Facial ( 1 hour)                                       |                | 1              | 1              | 2              |
| Oriental Massage (1 hour)  | 1              | 1              | 2              | 2              |
| <b>Price per person spa only for upgrade</b>                     | <b>\$1,060</b> | <b>\$1,660</b> | <b>\$2,690</b> | <b>\$3,700</b> |
| <b>Price per 2 people spa only for upgrade (sharing a villa)</b> | <b>\$1,490</b> | <b>\$2,490</b> | <b>\$4,230</b> | <b>\$5,640</b> |

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SIX SENSES SPA

## Yogic Sleep Program

To lead a well balanced happy life we need to eliminate or reduce stress so that the mind and body can function to their optimum. A negatively active mind can have disastrous effects on the body. This yogic program work holistically balancing the mind body and soul, all in the relaxed natural environment allowing you to reconnect with yourself and get in to deep sleep.

| Inclusions   | 5 nights       | 7 nights       | 10 nights      | 14 nights      |
|--|----------------|----------------|----------------|----------------|
| Yoga consultation (30 min)                                       | 1              | 1              | 1              | 1              |
| Personalized Yoga per villa (1 hour)                             | 2              | 2              | 4              | 5              |
| Pranayama per villa (30 min)                                     | 1              | 1              | 2              | 3              |
| Guided meditation per villa (45 min)                             | 2              | 2              | 3              | 4              |
| Personal Training (1 hour )                                      | 0              | 1              | 2              | 2              |
| Foot acupressure (1 Hour)  | 1              | 1              | 2              | 3              |
| Indian head Massage (1 hour)                                     | 0              | 1              | 1              | 3              |
| Signature Massage (1 hour)                                       | 1              | 2              | 2              | 3              |
| Shirodhara (1 hour)  | 1              | 2              | 2              | 3              |
| Debrief  | 1              | 1              | 1              | 1              |
| <b>Price per person spa only for upgrade</b>                     | <b>\$1,052</b> | <b>\$1,695</b> | <b>\$2,415</b> | <b>\$3,525</b> |
| <b>Price per 2 people spa only for upgrade (sharing a villa)</b> | <b>\$1,557</b> | <b>\$2,842</b> | <b>\$3,836</b> | <b>\$5,743</b> |

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