



Discover Yoga

*Immerse yourself in a daily practice of hatha yoga to maintain 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.
Keep the body strong, centered, powerful and flexible.*

Ideal for complete yoga novices and guests looking for alternative body and mind practice, the **Discover Yoga** program combines private sessions of hatha yoga, meditation and *pranayama* (breath regulation) 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 master guides 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 mins)	1	1	1	1	1
Personalised Yoga per villa (60 mins)	1	2	3	4	5
Pranayama per villa (30 mins)		1	1	1	3
Guided Meditation per villa (45 mins)	1	1	1	2	2
Chakra Balancing (20 mins)			1	1	3
Thai Massage (90 mins)			1	1	2
Signature Massage (60 mins)	1	2	2	3	4
Hot Stone Massage (90 mins)			1	1	2
Signature Facial (60 mins)				2	2
Indian Head Massage (60 mins)	1	1	1	2	2
Price per person	USD 545	USD 921	USD 1509	USD 2321	USD 3315
Price per 2 people (sharing a villa)	USD 833	USD 1375	USD 2396	USD 3757	USD 5433

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

About the Yogi

Dr. Aneesh is a 4th generation Ayurvedic doctor, Yoga expert & Reiki master who has spent many years studying, practicing and teaching a variety of different forms of yoga and yogic philosophy. Having been practicing long years with family and different places around the world and developed his traditional Indian approach with the addition of Western therapies Dr. Aneesh is delighted to guide the people through different activities and life style changes to improve health and well-being

Six Senses Spa at Yao Noi

56 Moo 5, Tambol Koh Yao Noi, Amphur Koh Yao, Phang Nga 82160, Thailand
T: +66 7641 8500 | E-mail: reservations-yaonoi@sixsenses.com | www.SixSenses.com