



YOGIC DETOX PROGRAM

Cleanse the body and mind through this ancient yogic detoxification practice. The aim is to achieve harmony and attain physical and mental purification balance. All complemented by a variety of detox and energy treatments.

Includes:

- Hatha Yogic Postures aiding the detoxification process.
- Satkriya yogic techniques used to cleanse the waste materials of our internal organs which are not expelled normally.
- Pranayama (breathing techniques) and meditation
- Treatments: Detox Massage, detox scrub and wrap, etc.

Benefits:

- Stimulating the liver to filter toxins from the body.
- Improved circulation of the blood and lymphatic systems.
- Increased levels of energy, more clarity and quieter mind.
- Resting the digestive system through sensible eating of whole foods.
- The ultimate goal, detoxify the body and mind in a controlled and safe manner.

Detailed Inclusions		3 Days	5 Days
Yoga consultation (15 min)		1	1
Personalize Yoga Detox Session (90min)		1	1
Pranayama (10 mins)		2	4
Private Yoga practice (Asanas) (45min)		2	4
Guided meditation (10 mins)		2	4
Thai Massage 80 Min		1	1
Detox Massage 50 min		1	1
Detoxifier body Scrub & Wrap 80 min		0	1
Pricing options (taxes not included)	- for one	\$432	\$704
	- for two	\$688	\$1064

Excluding 18% tax

Six Senses Spa

PUNTACANARESORT & CLUB

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