



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
Yoga consultation (30 mins)	1	1	1
Personalised Yoga per room (60 mins)	1	2	3
Pranayama per room (45 mins)		1	1
Guided Meditation per room (45 mins)	1	1	1
Signature Massage (50 mins)	1	2	2
Indian Head Massage (50 mins)	1	1	1
Foot Acupressure (50 mins)			1
Chakra Balancing (30 mins)			1
Price per person	380	650	920
Price per 2 people (sharing a room)	610	1,480	1,920

Prices are quoted in Euros and include tax.
Prices exclude accommodation.

About the Yogi

With almost a decade of experience in managing and training people, Melinda Polo brings with her passion and enthusiasm for yoga and holistic healing. Her knowledge in natural arts of healing has been accumulated from around the globe and she loves helping people learn to respect their own bodies which allows them to reveal their inner beauty. Melinda is also a trained fitness instructor and her sessions focus on the latest wellness industry trends.

Six Senses Spa Marbella at Puente Romano Beach Resort & Spa

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