



Yogic Sleep

Rejuvenate a tired body and mind.

Reduce stress levels, improve the quality of sleep and increase overall well-being.

Enhance your attention span, improve creativity and learning capacity.

Develop emotional control, improve your mood and discover inner-self.

Ideal for yogis of all levels, **Yogic Sleep** aims to induce a deep state of relaxation by combining yoga nidra with gentle stretching yoga poses and *pranayama* (breath regulation). Yoga nidra is a powerful ancient relaxation practice that uniquely unwinds the nervous system, helping to reduce stress and induce restorative sleep. As a meditation technique, it engenders a sense of joy and wellbeing. A selection of relaxing and energy balancing treatments enhances your journey towards a better and more restful night's sleep.

Inclusions	5 nights	7 nights
Yoga consultation (30 mins)	1	1
Personalised Yoga per room (60 mins)	2	3
Pranayama per room (45 mins)	1	1
Guided Meditation per room (45 mins)	1	2
Yoga Nidra (60 mins)	1	2
A choice of facial (50 mins)	1	1
Holistic Massage (50 mins)	1	1
Oriental Massage (50 mins)	1	1
Chakra Balancing (30 mins)		1
Price per person	735	1,080
Price per 2 people (sharing a room)	1,040	1,450

Prices are quoted in Euros and include tax and service charge.

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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