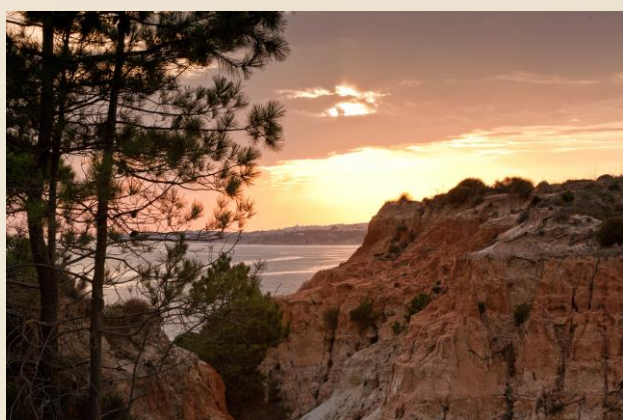


EPIC SANA Algarve

SAYANNA YOGA RETREAT

Weight loss, a strong and flexible body, glowing beautiful skin, peaceful mind, good health – whatever you may be looking for, yoga has it on offer.



Key programme inclusions:

- ◆ **5 Nights Accommodation – Deluxe Room Resort View**
Free upgrade to superior category room (upon availability)
Vip treatment in room upon arrival
Personalized Wellness Assistance
Buffet Breakfast
- ◆ **Free access to EPIC Vital group activities**
Pilates, Yoga, Cycling, Epic Circuit, Stretching, Running, Functional Circuit, TRX
- ◆ **Free access to the SPA facilities**
Indoor Heated Pool, Gym, Relaxation Pool, Sauna, Turkish Bath
- ◆ **Sayanna Yoga Programme**
6 x Yoga Lessons (90 min each)
1 x Meditation Workshop (120 min)
1 x Breath Workshop (120m)
1 x Kaori Massage
1 x Deep Kincho
- ◆ **15% discount in wellness and relaxation rituals and treatments from Sayanna Wellness Spa**
- ◆ **Return Airport Transfers (Faro)**

Rates per person	In Single Deluxe Room Resort View	In Double Deluxe Room Resort View
01 Nov. 17 to 28 Mar. 18	€ 1316.00	€ 1077.00
29 Mar. to 31 May & October 18	€ 1694.00	€ 1272.00
June & 16 to 30 Sep. 18	€ 1882.00	€ 1366.00
01 to 15 Jul. & 01 to 15 Sep. 18	€ 2194.00	€ 1522.00
16 Jul. to 31 Aug. 18	€ 2819.00	€ 1835.00

For other room types or supplements contact us

Booking Conditions

All above mentioned rates are per person with taxes included.

Package always on request. Excluded period 26th November 17 to 25th December 17 inclusive.

The Hotel has the right to cancel and/or change this package without previous notice.

Cancellation Policies

For reservations cancelled up to 2 weeks before the arrival date - 30% of the total value will be charged.

For reservations cancelled less than 2 weeks from the arrival date - the total value will be charged.

For further information please contact our reservations department:

Tel. 00351 289 104 399 / Fax. 00351 289 104 301 / e-mail: rsv.algarve@epic.sanahotels.com

EPIC SANA Algarve

SAYANNA YOGA RETREAT

Sayanna programme:

6 x Yoga Lessons

Yoga offers immense benefits in uniting the body, mind and breath and make you calmer and happier

1 x Kaori Relax Massage (50')

Combined massage with aromatherapy will bring you total serenity

1 x Deep Kincho (50')

Deep massage movements to reduce muscle tension

Added values:

- Free upgrade to superior category room up to Deluxe Room Ocean Facing (subject to availability)
- Vip treatment in room upon arrival (water, tea, seasonal fruit) – daily water replenishment at turndown
- Early check-in / late check-out (upon availability)
- Special price for accompanying guest - not in Wellness program
- Free wi-fi in rooms and public areas

Sayanna Wellness Essence and Philosophy

A space for relaxation, creating moments of wellness and tranquility allied with health and wellbeing...

Inspired by eastern millenar treatments the Sayanna concept merges SANA (hotel brand) + Ayanna, the Swahili word for Wild Flower, the symbol of Sana Hotels.

Wellbeing is our Essence. Our philosophy is to create memorable wellness experiences for our guests. Serenity and harmony are the key to inner happiness. Sayanna offers a perfect fusion of treatments and rituals from Africa and the East.

Our treatments are designed to counteract the stresses of contemporary lifestyles and prevent adrenalin burnout. Our wellness meal plans are well-balanced and designed to be easily digested while providing your body with an optimal amount of energy, and encouraging a healthier way of eating and living.

Enjoy the very best our Sayanna Wellness Spa has to offer by treating yourself to this luxury spa experience.

Sayanna Wellness Spa

With around 1,500 m2, the SPA welcomes you in your search for well-being of mind and body. It includes 9 treatment rooms with Vichy shower and outdoor treatment pavilion for couples, with garden and private Jacuzzi. There is also a sauna, Turkish bath and relaxation pool. The Fitness Center has a gym with modern equipment for cardiovascular and weight training. The facility also offers a studio for aerobic and yoga lessons.

Opening and closing times

Fitness Centre – 24 hrs

SPA – From 10:00 am to 8:00 pm