

16 TO 23/SEP. 2017 @ EPIC SANA ALGARVE

SAYANNA YOGA WEEK *with JOÃO GOUVEIA*

Take shelter for a week in a world of deep relaxation, where we present you the right choice to renew your life: a Yoga retreat inspired in Earth, Water, Moon, Fire, Air, Stone and Heart. Develop body and breathing awareness, improve flexibility and concentration with yoga lessons, workshops, meditation sessions and relaxation rituals.



- ◆ **7 Nights Accommodation – Deluxe Room Resort View**
Free upgrade to superior category room (upon availability)
- ◆ **Full Board**
Breakfast, Lunch and Dinner (beverages of our selection included)
- ◆ **SAYANNA YOGA WEEK programme with João Gouveia**
 - EARTH DAY
 - WATER DAY
 - MOON DAY
 - FIRE DAY
 - AIR DAY
 - STONE DAY
 - HEART DAY
- ◆ **Deep Kincho massage or Kaori Massage**
- ◆ **Free access to EPIC Vital group activities**
Pilates, Step, Cycling, Epic Circuit, Abs, Stretching, Running
- ◆ **Free access to the SPA facilities**
Indoor Heated Pool, Gym, Relaxation Pool, Sauna, Turkish Bath

RATES PER PERSON	16 to 23 SEPTEMBER 2017
SINGLE DELUXE ROOM RESORT VIEW	€ 2.543.00
DOUBLE DELUXE ROOM RESORT VIEW	€ 1.843.00
SINGLE DELUXE ROOM POOL VIEW	€ 2.805.00
DOUBLE DELUXE ROOM POOL VIEW	€ 1.973.00
SINGLE DELUXE ROOM OCEAN FACING	€ 3.015.00
DOUBLE DELUXE ROOM OCEAN FACING	€ 2.078.00

Booking Conditions

All above mentioned rates are per person, in Euros, with taxes included.

Programme is a one time event running exclusively from 16th to 23rd September 2017.

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

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SAYANNA YOGA WEEK
with **JOÃO GOUVEIA**

**João Gouveia, a Yoga teacher
and a Spiritual healer**

João Gouveia discovered early his passion for spirituality and the importance of balancing body, mind and spirit. His interest and knowledge grew from year to year and, naturally, he developed a deep fascination for Yoga and meditation.

In 15 years he deepened his knowledge by taking various Reiki and Yoga courses. He was a quantic Reiki and Ryono Kanon therapist for two years during which he applied the classic Mikao Usui method.

He developed its own Yoga style, Cosmic Yoga, which he describes as a yoga that involves all available techniques from many sources and variable practices. A very practical, advanced, open-minded yoga with meditation and breathing technics, which help to achieve a better understanding of the level of consciousness one can achieve.

He dedicated his whole life to spirituality and holistic medicine, but also to share this passion with others.



SAYANNA YOGA WEEK programme with João Gouveia

EARTH DAY - Welcome Session (30 min.), Nature Walk (30 min.), Yoga Lesson (50 min.), Workshop “Energetic and Healthy Food” (60 min.), Yoga Balance (60 min.), Concert with Tibetan Bows under the Love Tree or on the Beach (30 min.)

WATER DAY - Pool Yoga (60 min.), Yoga Lesson under the Love Tree (60 min.)

MOON DAY - Workshop “Chakras and Energy” (90 min.), Yoga with simulation of Chakras (60 min.), Moon Yoga (90 min.) – during Moon day activities will be accompanied by **Yoga Healing Sounds with Pedro Collares**

FIRE DAY - Treasure Hunt, Meditation Session (45 min.)

AIR DAY - Breathing Workshop (90 min.), Yoga Lesson (60 min.), Mini Workshop “Aura reading” (45 min.), Meditation with Concert of Tibetan Bows and Mantras (60 min.) – during Air day activities will be accompanied by **Harpa Melodies**

STONE DAY - Mineral Stones Workshop (90 min.), Yoga Lesson under the Love Tree or on the Beach (60 min.), Yoga Marathon (120 min.)

HEART DAY - Meditation Yoga and Heart (90 min.)