



Yogic sleep

- Day 1
Yoga consultation
Yoga session
- Day 2
Pranayama/meditation
Holistic massage
- Day 3
Yoga Nidra
Movement rest. massage
- Day 4
Yoga session
- Day 5
Pranayama/meditation
A facial of your choice
- Day 6
Yoga session
Yoga Nidra
- Day 7
Head massage+ relaxed feet

Yogic sleep

*Rejuvenate a tired body and mind.
Reduce stress levels, improve the quality of sleep and increase overall well-being.*

CLEANSE & DETOX PROGRAM	5 nights	7 nights
Yoga consultation	1	1
Personalised Yoga per room (60 min)	2	3
Pranayama/Meditation (45 min)	2	2
Yoga Nidra (45 min)	1	2
Holistic massage (50 min)	1	1
Movement restoration massage (50 min)	1	1
A facial of your choice (50 min)	1	1
Relaxed Feet (25 min)		1
Head massage (50 min)		1
Price per person	840€	1170€

Please be aware that the package does not include accommodation or meals and you must be a hotel guest at hotel Puente Romano or NOBU for the full length of the program.

	DAY 1	DAY 2	DAY 3	DAY 4	DAY 5	DAY 6	DAY 7
<i>Yoga consult</i>	x						
<i>Yoga session</i>	x			x		x	
<i>Yoga Nidra</i>			x			x	Head massage 50 min + Relaxed feet 25min
<i>Pranayama Meditation</i>		x			x		
<i>Treatments</i>		Holistic massage 50 min	Movement rest. massage 50 min		Facial treatment 50 min		

Six Senses Spa Marbella at Puente Romano Beach Resort & Spa

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About the Yogi

Paula Martin Gonzalez holds a Degree in Physical Education and Sports Science from INEF (Physical Education National Institute University of La Coruña) and is also Certified Therapist with a variety of qualifications from AGAMA (Galician Massage Academy), TTC Spa school in Thailand, Asthanga Vinyasa Yoga teacher training in India (Himalaya Yoga Valley center), CEM (European Beauty Center). She worked as a Yoga instructor and Spa therapist in Greece for almost a decade and now she brings her passion and enthusiasm to help people to reach an optimal individual health.

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