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 Night Accommodation in luxury Deluxe Room**
  Free upgrade to superior category room (upon availability)
  Wellness Vip treatment in room upon arrival
  Personalized Wellness Assistance
  Buffet Breakfast
- **Free access to EPIC Vital group activities**
  Pilates, Yoga, Aquafit, Step, Cycling, Epic Circuit, Abs, Stretching, Running, Gap, Functional Circuit
- **Free access to Relaxation Areas of Sayanna Wellness Spa**
  Sauna, Turkish Bath, Spa Relaxation Pool
  24h open Fitness Center & Indoor Heated Pool
- **Sayanna Yoga Programme**
  6 x Yoga Lessons (90 min each)
  2 x Wellness Workshops (120 min each)
  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)**

Added values & more information (next page)

RATES PER PERSON IN EUROS	1st Nov 15 to 31st Mar 16
Single Deluxe Room Resort View	1.210 €
Double Deluxe Room Resort View	1.018 €
	1st Apr to 31st May 16 I Oct 16
Single Deluxe Room Resort View	1.400 €
Double Deluxe Room Resort View	1.113 €
	Jun 16 I 16th to 30th Sep 16
Single Deluxe Room Resort View	1.654 €
Double Deluxe Room Resort View	1.246 €
	1st to 15th Jul 16 I 1st to 15th Sep 16
Single Deluxe Room Resort View	1.907 €
Double Deluxe Room Resort View	1.372 €
	16th Jul 16 to 31st Aug 16
Single Deluxe Room Resort View	2.600 €
Double Deluxe Room Resort View	1.725 €

For other types of accommodation or supplements, please contact us.

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

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Sayanna programme:

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

2 x Wellness Workshops (Breath & Meditation)
Meditation Workshop will teach you to clear the mind and ease many health concerns, such as depression and anxiety
Breath Workshops are a powerful tool for transformation, healing and reconnection to the true essence of who you are

1 x Kaori Relax Massage
Combined massage with aromatherapy will bring you total serenity

1 x Deep Kincho
Deep massage movements to reduce muscle tension

Added values:

Personalized Wellness Assistance
Free Upgrade to superior category room (upon availability – up to ocean facing room)
Wellness Vip treatment in room upon arrival (water, tea, seasonal fruit) – daily water replenishment at turndown
Welcome drink upon arrival
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
Return Airport Transfers (Faro)

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 a day
SPA – From 10:00 am to 8:00 pm