



YOUR YOGA

1 hour class for 2 persons - 870
1.5 hours class for 2 persons - 1.150

Enjoy private yoga classes in your villa as our instructor tailors the classes to your specific needs. Choose from Ashtanga, Kundalini and Hatha Yoga.

REIKI

1.5 hours - 1.250

Loosely translated, Reiki means universal or spiritually guided life-force energy. This powerful method of hands-on healing works to open and align the body's energy systems.

CRANIO SACRAL THERAPY

1 hour - 1.550

Cranio sacral therapy is an exceptionally gentle yet extremely powerful treatment. It is a profound healing process that can release the deeply held patterns of disease, both physical and psychological, which accumulate throughout life as a result of injury & illness and become held into the body tissues. Good as rehabilitation after accidents, shock, trauma, post surgery, migraines, headaches, stress, nervousness, sleep disorders, anxiety and ADD.