



## **MIND BODY RETREAT**

### **5 days program**

**Valid until 31.03.2017 (last departure day)**

Join our **M B R** program in which you will experience new forms of body and mind exercises. Our instructor Andri will implement his specifically developed yoga techniques, based on Ashtanga principles, into a complete approach of general health and wellbeing. During the more dynamic morning session and the more relaxed afternoon session, you will learn to focus every single movement of your body by using breathing techniques and without forcing your body. Our renowned signature Parwathi massages and body treatments will be part of your daily program. During lunch and dinner specially prepared vegetarian or Asian food accompanied by a healthy juice or fresh coconut water will assist you in bringing a complete balance in your life.

#### **Included:**

- Five 60-minute Morning & Evening Yoga session
- One 30-minute Hydrotherapy
- One 60-minute Bali Massage
- One 60-minute 2 Hand Solo Massage
- One 60-minute 4 Hand Sthira or Sukha Massage
- One 60-minute Foot Reflexology
- One 30-minute Clay Body Mask
- One 20-minute Papaya Body Wrap
- Five times Lunch & Diner Healthy Menus

Price US\$ 779.00, alcoholic beverages and soft drinks not included

Subject to 21% service charge & government tax. Not combinable with other benefits and not refundable.

#### **MATAHARI BEACH RESORT & SPA**

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