



MIND BODY RETREAT

5 days program

Immediately until 09.07.2018 (last departure day)
from 01.11.2018 until 22.12.2018 (last departure day)
from 04.01.2019 until 09.07.2019 (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 times 60-minute Private Yoga Session
- One 60-minute 2- Hands Bali Massage
- One 60-minute 2- Hands Solo Massage
- One 60-minute 4- Hands Sthira or Sukha Massage
- One 20-minute Body Scrub
- Five times Lunch & Diner well balanced tailor made Menu

Price US\$ 695.00, alcoholic beverages and soft drinks not included.

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

MATAHARI BEACH RESORT & SPA

Jalan Raya Seririt - Gilimanuk · Pemuteran · Gerokgak · 81155 Buleleng · Bali/Indonesia
 Phone: ++62 362 92312 · Fax: ++62 362 92313 · Mobile: ++62 81 2380 5458
 E-Mail: info@matahari-beach-resort.com · www.matahari-beach-resort.com