



## MIND BODY RETREAT

### 5 Days Program

from 01.11.2019 until 09.07.2020 (last departure day)

from 01.10.2020 until 31.10.2020 (last departure day)

Join our **M B R** program in which you will experience new forms of body and mind exercises. Our instructor will implement 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 will be part of your program. During lunch or 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 morning group Yoga Session
- Five times 60-minute Private Yoga Session
- One 60-minute 2- Hands Bali Massage
- One 30-minute Back or Leg Massage
- Five times Lunch or Diner well balanced tailor made Menus

Price US\$ 395.00, 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

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