

YOGA AND THE HARMONIZATION OF THE CHAKRAS



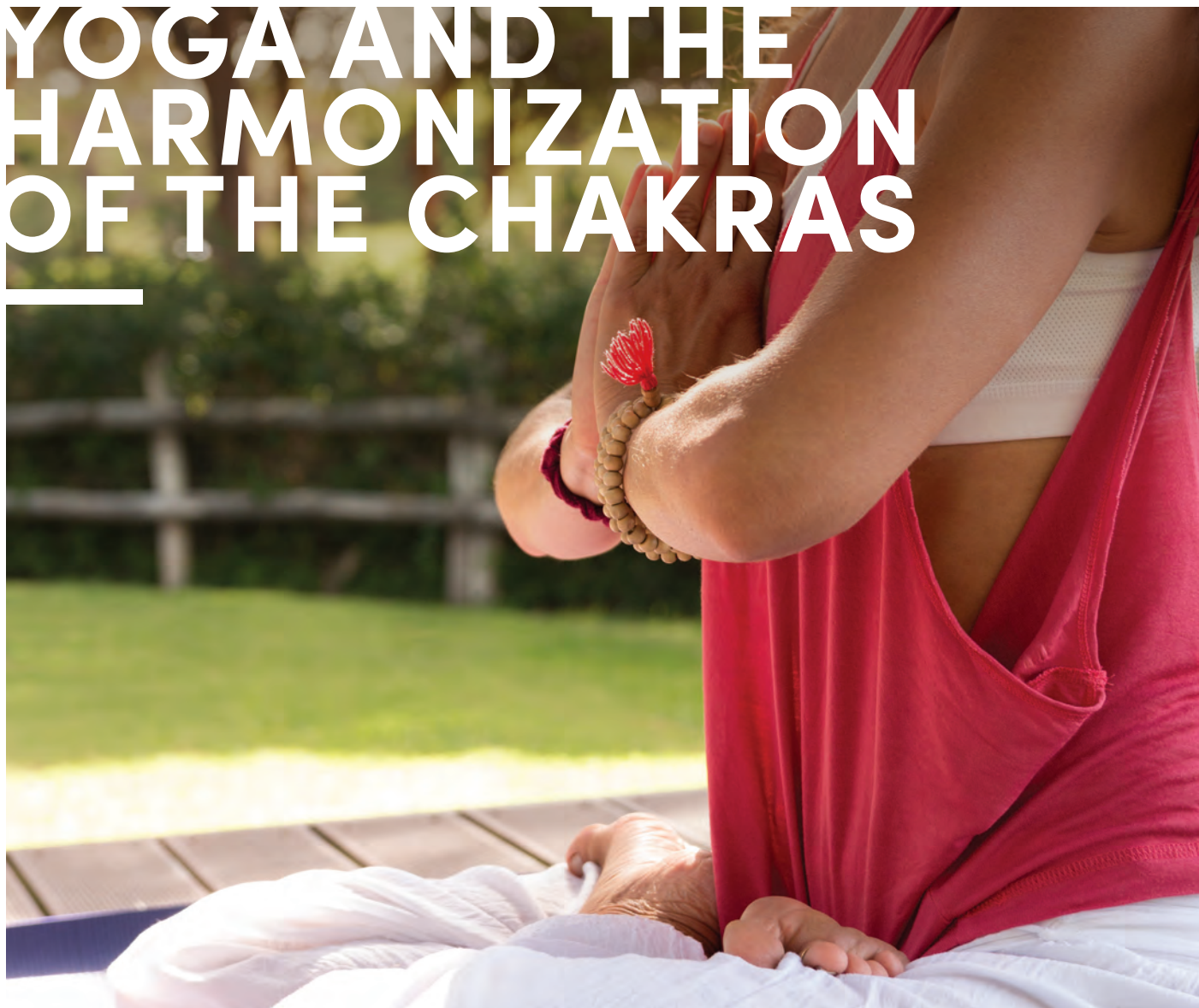
IT IS ALL ABOUT ENERGY...

... and at Pine Cliffs Resort's idyllic environment you will be able to find your ideal balance.

Throughout 6 or 8 days, we will stimulate the seven main chakras located throughout the vertebral column. Chakras are gateways for the energy flow in our body in a spiral stream and they are also responsible for the circulation of energy in the whole body. When chakras are unbalanced, the energy distribution is not carried properly and illness and personality disturbs may occur. This experience includes accommodation in a Junior Ocean Suite, buffet breakfast at Jardim Colonial and lunch & dinner within our Zest healthy living concept.

- 5/7 Nights Accommodation
- Daily Breakfast at Jardim Colonial
- Daily Lunch and Dinner at Zest
- 3/4 Yoga and Harmonization of the Chakras (60')
- 3/4 Breathing & Meditation (30')
- 1 Abhyanga Massage (80')
- 1 Detox Massage (50')
- 1 Ila Crystal Healing Face Therapy (80')
- 1 Thai Massage (exclusive for 8 days program)

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6 days program	Nov. - Mar.	Apr. - Jun. / Sep. - Oct.
1 pax	1.627,00 €	2.107,00 €
2 pax	2.274,00 €	2.754,00 €

8 days program	Nov. - Mar.	Apr. - Jun. / Sep. - Oct.
1 pax	2.227,00 €	2.899,00 €
2 pax	3.100,00 €	3.772,00 €