



## Discover Yoga

*Immerse yourself in a daily practice of hatha yoga to maintain body and mind balance.  
Relieve any concerns, be they stress, anxiety or muscle stiffness caused by sedentary lifestyles.  
Develop the ability to control your state of mind and overcome self-limiting thoughts.  
Keep the body strong, centered, powerful and flexible.*

Ideal for complete yoga novices and guests looking for alternative body and mind practice, the **Discover Yoga** program combines private sessions of hatha yoga, meditation and *pranayama* (breath regulation) with Six Senses signature treatments.

The ultimate goal is to help you develop an understanding of how the body engages in each posture, while the yoga master guides your awareness to specific areas and aspects of the practice to enhance the body's natural intuition.

Inclusions	3 nights	5 nights	7 nights	10 nights	14 nights
Yoga consultation	1	1	1	1	1
Personalised Yoga per room (1 hour)	1	2	3	4	5
Pranayama per room		1	1	1	3
Guided Meditation per room	1	1	1	2	2
Chakra Balancing (30 mins)			1	1	2
Thai Massage (1 hour 30 mins)			1	1	2
Signature Massage (1 hour)	1	2	2	3	4
Hot Stone Massage (1 hour 30mins)			1	1	2
Signature Facial (1 hour)				1	1
Indian Head Massage (45 mins)				1	2
Reiki (1 hour)	1	1	1	2	2
Price per person	€220	€390	€640	€760	€1,485
Price per 2 people (sharing a room)	€345	€600	€1,050	€1,195	€2,520

Prices are quoted in Euros and include tax and service charge.  
Prices exclude accommodation.

### About the Yogi

Paula Gonzales holds a Degree in Physical Education and Sports Science from the INEF Physical Education National Institute University of La Coruña and is also a certified therapist with a variety of qualifications from AGAMA, Galician Massage Academy, International School of Training and TTC Spa School to name just a few. She worked as a yoga instructor at Carda SPA and Carda Beach Hotel in Greece for five years and previously at Mark Warner Lakitira Hotel. She is passionate about yoga and helping guests achieve the right body and mind balance.

**Six Senses Spa at Porto Elounda Golf & Spa Resort**  
72053 Elounda, Crete, Greece  
T: +30 284 106 8060 | E-mail: [spamanager@elounda-sa.com](mailto:spamanager@elounda-sa.com)