

## Yogic Detox

*Cleanse the body and mind through this ancient, yet effective practice.  
Increase your energy levels, improve clarity of thought and enjoy a quieter mind.  
Rest and improve your digestive system through sensible eating of whole foods.  
Boost your immune system.*

Ideal for yoga aficionados and guests looking for less punishing detox programs, **Yogic Detox** combines aspects of *asanas* (hatha yogic postures), *pranayama* (breath regulation), meditation and a balanced diet along with *sat kriya* (movement and breath exercise) to offer a profound experience. These programs are complemented by a variety of detox and energy treatments. The ultimate goal is to detoxify the body and mind in a controlled and safe manner.

Inclusions	3 nights	5 nights	7 nights	10 nights	14nights
Yoga consultation	1	1	1	1	1
Pranayama	2	3	5	8	12
Sat Kriya	1	1	1	2	2
Private yoga practice	2	2	4	6	10
Guided Relaxation or Meditation	2	3	5	8	12
Thai Massage (80 mins)	1	1	1	1	1
Detox Massage (50 mins)	1	1	1	1	2
Detox Cleansing Ritual (80 mins)			1	1	2
Purifying Facial (50 mins)			1	1	2
Movement Restoration Massage (50 mins)				1	1
Holistic Massage (50 mins)				1	1
Green Coffee Body Sculpting (50 mins)				1	1
Price per person	USD 672	USD 712	USD 1,140	USD 1,844	USD 2,624
Price per 2 people	USD 1,344	USD 1,424	USD 2,280	USD 3,688	USD 5,248

Prices are quoted in US dollars and exclude tax.  
Prices exclude accommodation and meals.

### About the Yogi

Yira Carrasco-Kemlin has always been passionate about physical exercise. She fell in love with yoga during her first class and has been practicing it for almost 20 years. She is a certified international yoga instructor from the Sivananda Yoga Ashram in France and has additional training from Thailand, Canada and the US. She is an E-RYT 200, YACEP and Ayurvedic Yoga Specialist. Yira always encourages guests to begin their practice and open themselves up to possibilities of change at all levels. She adapts her style to all ages, fitness levels and physical conditions.

### Six Senses Spa at Puntacana Resort & Club

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