

Discover Yoga

*Immerse yourself in a daily practice of hatha yoga to maintain body and mind balance.
Relieve modern day concerns, be they stress, mild depression 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, this program combines private sessions of hatha yoga, meditation and *pranayama* (breath regulation) with Six Senses signature treatments. The 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
Pranayama	2	3	5	8	12
Private yoga practice	2	3	5	8	12
Guided relaxation or meditation	2	3	5	8	12
Hot Stone Massage (80 mins)	1	1	1	1	2
Rose Renewal (80 mins)		1	1	1	2
Puntacana Signature Massage (50 mins)			1	1	2
Rose Crystal Lymphatic Facial (50 mins)			1	1	2
Foot Massage (50 mins)				1	1
Holistic Massage (50 mins)				1	1
Spa Manicure & Pedicure (100 mins)				1	1
Price per person	USD 400	USD 620	USD 1,040	USD 1,676	USD 2,556
Price per Couple	USD 800	USD 1,240	USD 2,080	USD 3,352	USD 5,112

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 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

Abraham Lincoln No. 960, PO Box 1083, Santo Domingo Dominican Republic
T +809 959 7772 E reservations-puntacana-spa@sixsenses.com www.sixsenses.com