



SIX SENSES SPA

DOHA

Breathe, sleep and cleanse with our new Yogic Series

Discover Yoga

Relieve stress, back pain and muscle stiffness, strengthen the spine and boost the immune system. Keep your body strong, centered, powerful and flexible. Centre your mind, sharpen concentration and learn how to maintain body and mind balance.

This is your introduction to hatha yoga which combines gentle moves with pranayama (breath regulation) to help regulate the pace of breath, steady the body and relax the mind. A great place to start for beginners.

- Two private sessions of yoga including pranayama, 60 minutes
- One Six Senses signature massage, 50 minutes

QAR 719 per person

Yogic Sleep

Reduce stress, improve the quality of sleep and increase overall well-being. Rejuvenate a tired body, get better attention span and enjoy a more creative mind.

A study from Harvard Medical School found that regular practice of yoga can lead to positive improvements in quality and quantity of sleep. The goal of this program is to induce a deep state of relaxation and thus help you get better zzz's. You will practice yoga nidra, a powerful ancient relaxation practice that uniquely unwinds the nervous system, helping to reduce stress and induce restorative sleep.

- Two private sessions of yoga nidra and hatha yoga, 60 minutes
- One private session of yoga nidra, pranayama and hatha yoga, 60 minutes
- Thai Massage, 80 minutes
- Shiroabhyang by Subtle Energies, 50 minutes
- Three *Sleep & Resilience* juices from our new juice menu

QAR 1,420 per person

Yogic Cleanse

Cleanse the body and mind in a non-invasive yet effective way. Reduce premature aging and keep that natural freshness and youthful skin tone. Increase energy levels, improve your digestive system, enhance weight loss and boost the immune system.

Ideal for yoga aficionados or those looking for a less punishing way to cleanse the body. This program includes Laghoo Shankha Prakshalana (LSP) during which five yoga postures with the drinking of six to eight glasses of warm water are used to clean the digestive system in a natural, safe and controlled manner. Hatha yoga, pranayama (breath regulation), restorative treatments and healthy juices complement the cleansing process from the inside out.

- Two private sessions of yoga and pranayama, 60 minutes
- One private session of LSP, 60 minutes
- Detox Massage, 50 minutes
- Moroccan Hammam, 50 minutes
- Two *Cleanse & Detox* juices from our new juice menu

QAR 1,556 per person

