



SIX SENSES SPA
KAPLANKAYA

DORELAL SINGH YOGA GURU

Vedic Astro Consultation, 60 minutes

Astrology has always been an integral part of life as demonstrated by a study of the ancient Vedas. The consultation allows you to look forward and take away recommendations and remedies to help you navigate your journey.

Yogic Intestinal Cleanse, 60 minutes

Detox and cleanse the digestive system in a natural and non-invasive way with Laghoo Shankha Prakshalana, combining five yoga postures with the drinking of six to eight glasses of lightly salted water. **Bookings are required one day prior to the desired start date.*

Pranic Healing Meditation, 60 minutes

This highly evolved and tested system of medicine utilizes *prana* (vital energy) to balance, harmonize and transform the body's energy processes and heal a variety of physical and psychological ailments. It is a simple yet powerful and effective system of no-touch energy healing.

Pranayama, 60 minutes

Prana (life force) *Yama* (control) utilizes breathing techniques to remove blockages in energy channels, strengthen the respiratory system and tame the monkey mind, calming down its extrovert tendencies and minimizing the thought process.

Yoga Nidra, 60 minutes

Also known as yogic sleep or sleep with awareness, this simple meditation practice is taught lying down while being guided by a teacher. Its goal is to induce full body relaxation and a deep meditative state of consciousness, addressing psychological, neurological and subconscious needs.

About the Practitioner

Dorelal is one of the leading yogic practitioners who has spent many years studying, practicing and teaching a variety of different forms of yoga and yogic philosophy. He holds a Master in Applied Yoga Science from the most traditional of yoga institutions in the world, the Bihar School of Yoga. Having worked for many years at a leading destination spa, Ananda in the Himalayas, he also traveled to teach in Russia, Korea and other countries in Asia.



Six Senses Spa Kaplankaya

T +90 252 511 00 30 E reservations-kaplankaya-spa@sixsenses.com www.sixsenses.com
Bozbuik Mahallesi Merkez Sokak No. 198, Milas, Mugla, 48200 Turkey