



## PERSONAL YOGA SYNERGY

Our three-day Personal Yoga Synergy program is suitable for those on a restricted schedule or looking to explore Kamalaya's potential. The ancient practice of yoga cultivates harmony in the mind and body while improving posture, strength and flexibility. This introductory program is applicable for anyone new to the holistic practice or experienced yogis and is tailored to differing levels of experience, specific wellness goals and physical limitations or injuries. Healing Ayurveda therapies are incorporated to detoxify and soothe, delivering an enhanced state of relaxation and mental clarity. This program is recommended for a rejuvenating and inspiring weekend getaway or could be a perfect add-on to another wellness program.

Personal Yoga Synergy wellness program inclusions	3 nights
Wellness Consultation	1
Wellness Program Exit & Review	1
Body Bio-Impedance Analysis	1
Vital Essence Oil Massage (90 min)	1
Royal Ayurvedic Traditional Massage (60 min)	1
Kati Vasti (60 min)	1
Private Yoga Session (90 min)	2
Ozone Therapy (60 min)	1



## PERSONAL YOGA SYNERGY

The Personal Yoga Synergy program is suitable for anyone new to the holistic practice through to experienced yogis. One-to-one yoga classes incorporate physical postures, pranayamic breathing and meditation and are tailored to your level of experience, specific wellness goals and physical limitations or injuries. Healing Ayurveda therapies are incorporated to detoxify and soothe, delivering an enhanced state of relaxation and mental clarity. This program is recommended for beginners requiring one-on-one instruction, devotees seeking to deepen their postures and guests wishing to embrace yoga as a wellbeing lifestyle.

Personal Yoga Synergy wellness program inclusions	5 nights	7 nights	14 nights
Wellness Consultation	1	1	1
Wellness Program Exit & Review	1	1	1
Body Bio-Impedance Analysis	1	1	1
Vital Essence Oil Massage (90 min)	1	1	1
Royal Ayurvedic Traditional Massage (60 min)	1	1	1
Kati Vasti (60 min)	1	1	1
Private Yoga Session (90 min)	4	6	10
Indian Head Massage (60 min)	1	1	2
Ozone Therapy (60 min)	1	1	2
Marma Point Massage (90 min)		1	2
Personal Pranayama (60 min)		1	2
Traditional Thai Therapeutic Treatment (90 min)			1
Revive & Awakening Facial (75 min)			1