



PERSONAL YOGA SYNERGY

Personal Yoga Synergy 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 Ayurvedic 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.

WELLNESS PROGRAM INCLUSIONS / NIGHTS	3	5	8	15
Wellness Consultation	1	1	1	1
Wellness Program Departure Review	1	1	1	1
Body Bio-Impedance Analysis	1	1	1	1
Vital Essence Oil Massage (90 min)	1	1	1	1
Royal Ayurvedic Traditional Massage (60 min)	1	1	1	1
Kati Vasti (60 min)	1	1	1	1
Private Yoga Session (90 min)	2	3	5	10
Indian Head Massage (60 min)		1	1	2
Reiki Session (60 min)		1	1	2
Marma Point Massage (90 min)			1	2
Initial Physiotherapy with Assessment (90 min)			1	1
Initial Traditional Thai Therapeutic Consultation & Treatment (90 min)				1
Physiotherapy Session (60 min)				1
The Anti-Ageing Revive & Awakening Facial (75 min)				1
Wellness Program Progress Review				1
Two Kamalaya meals per night of stay (lunch and dinner), and the Afternoon High Tea	3	5	8	15
PACKAGE PRICE (THB)	45,202	65,808	98,223	178,818