



MASSAGE AND YOGA **“balancing your body and soul”**

We are delighted to introduce Yuni, an experienced yoga teacher. She was trained in therapeutic massage and yoga. For many years, she has accumulated rich experience in massage techniques, as well as practicing different yoga and meditation styles. She offers massages, yoga and meditation sessions separately, but also in combination. The goal of all exercises is to bring body and souls in a relaxed and harmonious state. Programs can be tailor-made to your needs and wishes.

Our massage therapist is Nengah. She works extraordinarily competent and empathetic. Whether you have a tense back, your legs and feet are overstressed by overweight or you just want to enjoy a wellbeing massage, you will quickly feel the soothing effect of her massage. This kind of well-being at an affordable price can only be dreamed of in Europe (but also in other places in Bali).

Yuni and Nengah are available for us and our guests. Together with Jersan arrange dates one day in advance for single sessions or session sequences, which can take place on your large sea terrace facing the Bali sea, in your garden or on your house terrace.

On request in advance, we offer a three-day package with a sequence of six ninety-minute sessions combining massage, yoga and meditation. With all following individual sessions you will enjoy a 10% price reduction.

Prices for Massage

Traditional balinese Massage 60 minutes	12,00 Euro
Therapeutic “Rebalancing” Massage 90 minutes	18,00 Euro

Prices for YOGA-sessions

1 participant	15,00 Euro
2 participants	18,00 Euro
3 participants	21,00 Euro
4 participants	24,00 Euro

A Yoga-session lasts 60 minutes.

The indicated prices already include 10% government tax.



Our program package for three consecutive days

(please book in advance)

Balance for Body and Soul

Three times 90 minutes of massage and three times 90 minutes of yoga combined with meditation exercises. A tight program with different types of massage, numerous yoga and meditation exercises, all designed to relieve stress and tension, loosen the body and harmonize body and soul. On request, you can continue your individual sessions after 10 days with a 10% discount.

Program:

Day 1	morning 8.00	Yoga + meditation (first course and exercises) after this match in the day then from 9.30 breakfast
	again afternoon 16.00	Balinese massage plus "head, face and neck"
Day 2	morning 8.00	Yoga + meditation (repetition of selected exercises and continuation), followed by breakfast
	again afternoon 16.00	Rebalancing massage + foot massage + reflexology
Day 3	morning 8.00	Yoga + meditation (repetition of selected exercises and continuation) followed by breakfast
	again afternoon 16.00	ninety minutes massage of your choice

Prices for the three-days package

One single person	120,00 Euro
One person with two participants	80,00 Euro
One person with three participants	70,00 Euro