



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 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	4	6	10
Indian Head Massage (60 min)		1	1	2
Marma Point Massage (90 min)			1	2
Reiki Session (60 min)			1	2
Initial Traditional Thai Therapeutic Treatment including Consultation (90 min)				1
The Anti-Ageing Revive & Awakening Facial (75 min)				1
Wellness Program Progress Review				1
PACKAGE PRICE (THB)	48,502	71,308	106,082	185,337