



Discover Yoga

*Immerse yourself in a daily practice of hatha yoga to maintain body and mind balance.
Relieve modern day concerns, be they stress, mild depression or muscle stiffness caused by sedentary lifestyles.
Develop the ability to control your state of mind and overcome self-limiting thoughts.
Keep the body strong, centered, powerful and flexible.*

Ideal for complete yoga novices and guests looking for alternative body and mind practice, the **Discover Yoga** program combines private sessions of hatha yoga and meditation with Six Senses signature treatments.

The ultimate goal is to help you develop an understanding of how the body engages in each posture, while the yoga master guides your awareness to specific areas and aspects of the practice to enhance the body's natural intuition.

Inclusions	3 nights	5 nights	7 nights
Lifestyle consultation (60mins)	1	1	1
Personalised yoga per villa (60mins)	1	3	4
Yogic stretching (30mins)	1	2	2
Thai Massage (60mins)			1
Signature Therapy (60mins)	1	2	2
Hot Stone Therapy (90mins)			1
Signature Facial (60mins)		1	1
Foot Acupressure (30mins)	1	1	1
Price per person	USD 389	USD 673	USD 965
Price per 2 people (sharing a villa)	USD 595	USD 961	USD 1,502

Prices are quoted in US dollars and exclude tax and service charge.
Prices exclude accommodation.

Six Senses Spa Con Dao

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