



# PALASIET

Thalasso Clinic & Hotel

## Yoga. Prices 2024

FULL-BOARD ACCOMMODATION AND TREATMENTS

PRICES 2024	Low season			Mid season			High season		
	Double*	Accomp.*	Single*	Double*	Accomp.*	Single*	Double*	Accomp.*	Single*
<b>Yoga</b>									
7 NIGHTS	1766	1034	1958	1821	1089	2033	1903	1171	2144
4 NIGHTS	1066	636	1191	1101	671	1240	1155	725	1313

Price in euro (€).

LOW SEASON: from 15-03 to 02-06 and from 16-09 to 31-12

MID SEASON: from 03-06 to 28-07 and from 26-08 to 15-09 and Easter: from 28th to 31st March (both days inclusive)

HIGH SEASON: from 29-07 to 25-08

Prices per person, full board. VAT included. Prices for half-board stays: 28 € reduction per person and night

\*Double: price per person with treatment in a double room.

\*Accompanying: the accompanying guest price is for the person who does not receive the treatments and who accompanies the person in the programme.

\*Single: accommodation with treatment in a single room.

THALASSOTHERAPY AND SPECIFIC TREATMENTS	7 nights	4 nights
Biomarine circuit: access to hydrotherapy circuit as prescribed (session in sea water pool at 35 °C, submerged hydro massage beds, jet seats, cervical jets, lumbar jets, salt sauna, marine vaporarium and various types of jacuzzi). Maximum recommended duration: 90 minutes	7	4
Welcome talk about the five principles of yoga	√	√
Yoga (60 min) and meditation (30 minutes), mornings or afternoons	6	3
Kerala Ayurveda Technique: ancient Hindu techniques. Essential oils, herbs and spices are used to achieve psychophysical balance and induce a state of inner peace		
Prana and Dara massage (50 minutes)	1	1
Pindasweda massage (25 minutes)	1	-
Aromatic massage (an anti-stress sensorial massage intended to reach deep relaxation and relieve both mental stress and muscular tension) (50 minutes)	1	1