

# THE SPA

## WELLNESS at THE LEELA GOA

### **Flow with Yoga**

Begin your day with intention by connecting with your breath and clearing your mind. Our instructor will guide you through a series of postures meant to energize, calm and balance.

*Duration: 60 mins*

*Price: INR 2,200*

### **Yoga for Beginners**

This session gives you everything you need to start your practice. If you are a beginner to yoga, it gives you the confidence and platform towards routine yoga.

*Duration: 90 mins*

*Price: INR 3,200*

### **Yoga for Elders**

Yoga is beneficial in the prevention and control of common health and emotional problems that is linked with Old Age. This session has designed to address the aging related health issues.

*Duration: 45 mins*

*Price: INR 1,900*

### **Yoga for Children**

Children who learn yoga at an early age have a healthy head start in life. Children of any age can start practicing yoga, but from the age of six onwards, they have a much easier time to focus.

*Duration: 30 mins*

*Price: INR 1,500*

### **Pranayama**

Pranayama refers to the breathing technique in Yoga, which can work wonders in improving the overall health and the function of all the organs in the body.

*Duration: 30 mins*

*Price: INR 1,500*

### **Meditation**

Meditation is a practice in which an individual trains the mind or induces a mode of consciousness, either to realize some benefit or as an end in itself. It is also an effective form of stress reduction and has the potential to improve quality of life.

*Duration: 30 mins / 60 mins*

*Price: INR 1,500 / INR 2,500*

*\*All prices are quoted in Indian rupees and are subject to prevailing government taxes.*



The Leela, Cavelossim, Salcette, Goa 403 731, India

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## **Therapeutic Yoga**

Therapeutic Yoga is an adaptation of yoga to help with certain psychological or physical health problems that are not addressed in traditional yoga settings. Here our yoga instructor will customize the session as per the necessities of your body and mind.

Duration: 45 mins

Price: INR 1,900

## **Reiki**

Japanese technique for stress reduction, relaxation and also promotes healing. It is administered by "placing on hands" and is based on the idea that an unseen "life force energy" flows through us and is what causes us to be alive.

Duration: 60 mins

Price: INR 2,200

## **Palmistry – Mysteries of the Hands**

Reading palm or lines of hand means scanning through the blue print of one's life. Palm is mirror of our personality and our palmist reveals your basic instates of your past present and future.

Duration: 30 mins

Price: INR 2,500

## **Tarot Card Reading – Unfold your Card**

Let the reader guide you through your emotions and thoughts, by offering a reflection of your past, present and possible future. Consulting the cards may help you to get in touch with your intuition, your best guide when it comes to making those difficult choices and decisions.

Duration: 30 mins

Price: INR 2,500

## **Personal Fitness Training**

A motivating one to one coaching to help you reach your personal health and fitness goals. Suitable for guests of all fitness level.

Duration: 60 mins

Price: INR 1,500

## **Consultation with the Health Specialist**

Our in-house specialists will guide you to total wellness. Develop your life style in harmony with nature as we provide insight into your physical constitution as per the tenets of wellness.

Duration: 30 mins

Price: INR 1,500

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## Tai Chi

Tai Chi is combination between deep breathing and relaxation with slow, deliberate movements, meditation and breathing exercises. It is low impact and puts minimal stress on muscles and joints, making it generally safe for all ages and fitness levels.

*Duration : 45 Mins*

*Price: INR 2,200*

## Pilates Beginner

This session is designed for the client who has not tried Pilates and needs to learn the fundamentals on which to build their practice. This session is a great way to start and to watch the transformation in how you look and more importantly, how you feel.

*Duration : 45 Mins*

*Price: INR 2,200*

## YOGA PACKAGES

<b>Packages</b>	<b>Duration</b>	<b>Prices</b>
<i>3 days yoga</i>	<i>60 mins</i>	<i>5,500</i>
<i>5 days yoga</i>	<i>60 mins</i>	<i>8,500</i>
<i>7 days yoga</i>	<i>60 mins</i>	<i>11,500</i>
<i>14 days yoga</i>	<i>60 mins</i>	<i>22,500</i>

### **Note:**

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