



SIX SENSES SPA  
NINH VAN BAY



## 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, meditation and *pranayama* (breath regulation) 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	10 nights	14 nights
Yoga consultation (30min)	1	1	1	1	1
Personalised Yoga per villa (1 hour)	1	2	3	4	5
Pranayama per villa (30min)		1	1	1	3
Guided Meditation per villa (45min)	1	1	1	2	2
Thai Massage (1 hour)			1	1	2
Signature Massage (1 hour)	1	2	2	3	4
Signature Facial (1 hour)				1	1
Reiki (1 hour)	1	1	1	2	2
Price per person	\$285	\$500	\$855	\$1,285	\$1,910
Price per 2 people (sharing a villa)	\$425	\$725	\$1,350	\$2,075	\$3,120

Prices are quoted in US dollars and include tax and service charge.

Prices exclude accommodation.

### About the Yogi

Dr. Sohal Shah has extensive experience in Yogic sciences. Previous teaching posts include internationally-acclaimed destination spas, Banyan tree resort and Fusion Maia Resort both in Vietnam, Soukhya Holistic Integrative center in Bangalore India. Born and raised in Southern India what is widely hailed as the birthplace and world capital of yoga, Sohal's passion for yoga and meditation is deeply rooted. He holds a Doctorate in Yoga and Naturopathy and his skills and knowledge are widely spread across Ayurvedic, Western, TCM, Nutrition and Yogic specialties.

**Six Senses Spa at Ninh van Bay**

Ninh Hoa, Khanh Hoa, Vietnam

T: +84 58 3524 268 | E-mail: [reservations-ninhvan@sixsenses.com](mailto:reservations-ninhvan@sixsenses.com) | [www.SixSenses.com](http://www.SixSenses.com)



## Yogic Detox

*Cleanse the body and mind through this ancient, yet effective practice.  
Increase your energy levels, improve clarity of thought and enjoy a quieter mind.  
Rest and improve your digestive system through sensible eating of whole foods.  
Boost your immune system.*

Ideal for yoga aficionados and guests looking for less punishing detox programs, **Yogic Detox** combines aspects of *asanas* (hatha yogic postures), *pranayama* (breath regulation), meditation and a balanced diet along with *sat kriya* (movement and breath exercise) to offer a profound experience. These programs are complemented by a variety of detox and energy treatments.

The ultimate goal is to detoxify the body and mind in a controlled and safe manner.

Inclusions	5 nights	7 nights	10 nights	14 nights
Yoga consultation (30min)	1	1	1	1
Personalized Yoga per villa (1 hour)	2	3	4	6
Pranayama per villa (30mins)	1	2	3	4
Guided meditation per villa (45 mins)	1	1	2	3
Thai Massage (1hour)	1	1	2	2
Yogic Intestinal Cleanse (1 hour 15min)	1	1	1	2
Detox Massage (1 hour)	1	1	2	2
Detox Scrub (45 mins)		1	1	2
Detox Wrap (45 mins)		1	1	2
Holistic Massage (1 hour)		1	2	2
Reiki (1hour)			1	2
Signature Facial ( 1 hour)		1	1	2
Oriental Massage (1 hour)	1	1	2	2
<b>Price per person</b>	<b>\$680</b>	<b>\$1,100</b>	<b>\$1,685</b>	<b>\$2,350</b>
<b>Price per 2 people (sharing a villa)</b>	<b>\$940</b>	<b>\$1,650</b>	<b>\$2,600</b>	<b>\$3,520</b>

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## Yogic Sleep

*Rejuvenate a tired body and mind.*

*Reduce stress levels, improve the quality of sleep and increase overall well-being.*

*Enhance your attention span, improve creativity and learning capacity.*

*Develop emotional control, improve your mood and discover inner-self.*

Ideal for yogis of all levels, **Yogic Sleep** aims to induce a deep state of relaxation by combining yoga nidra with gentle stretching yoga poses and *pranayama* (breath regulation). Yoga nidra is a powerful ancient relaxation practice that uniquely unwinds the nervous system, helping to reduce stress and induce restorative sleep. As a meditation technique, it engenders a sense of joy and wellbeing. A selection of relaxing and energy balancing treatments enhances your journey towards a better and more restful night's sleep.

Inclusions	3 nights	5 nights	7 nights	10 nights	14 nights
Wellness consultation (30 mins)	1	1	1	1	1
Personalised yoga per villa (60 mins)	1	2	2	4	6
Pranayama per villa (30 min)		1	1	2	3
Yoga nidra per villa (60 mins)	1	1	2	3	3
Foot Acupressure (30 mins)			1	1	2
Holistic Massage (60 mins)	1	1	1	2	2
Signature Facial (1 hour )		1	1	1	2
Oriental Massage (1 hour)	1	1	1	1	2
Reiki (1 hour)			1	2	2
Price per person	\$300	\$535	\$720	\$1,160	\$1,560
Price per 2 people (sharing a villa)	\$460	\$765	\$1050	\$1,640	\$2,240

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