

## Vitalization Cleansing: 5 Days Rejuvenation & Yoga

### Rasayana Retreat Pattaya & Yoga Academy for life and learning

Program includes:

- 5 days private Yoga Program to balance body and mind and to detox your body in combination with
- 3 days special Rejuvenation and Detox Package.

Day 1 Morning	Afternoon
<p>Yoga - Opening (3 hr.)</p> <ul style="list-style-type: none"> <li>- Initial talk about individual physical conditions, individual wishes, needs and aims. The analysis will be included in the design of the individual tailored Yoga program.</li> <li>- Introduction to important principles of the Yoga sessions in view of the upcoming cleansing and rejuvenation process. (90 min)</li> <li>- First Yoga session including Asanas, Pranayama and Meditation. (90 min)</li> </ul>	
Day 2 Morning	Afternoon
<p>Yoga Academy (1.5 hr.)</p> <ul style="list-style-type: none"> <li>- Individual Yoga session, containing selected Asanas, Pranayama and Meditation.</li> </ul>	<p>Rasayana treatment (3.0 hr.)</p> <ul style="list-style-type: none"> <li>- Far - Infrared sauna</li> <li>- Swedish Massage</li> <li>- Castor Oil Pack</li> <li>- Colon Hydrotherapy</li> <li>- Raw Living Food 1 Set</li> </ul>
Day 3 Morning	Afternoon
<p>Yoga Academy (1.5 hr.)</p> <ul style="list-style-type: none"> <li>- Individual Yoga session, containing selected Asanas, Pranayama and Meditation.</li> </ul>	<p>Rasayana treatment (2.5 hr.)</p> <ul style="list-style-type: none"> <li>- Lymphatic Drainage massage</li> <li>- Colon Hydrotherapy</li> <li>- Raw Living Food 1 Set</li> </ul>

**Vitalization Cleansing: 5 Days Rejuvenation & Yoga**

**Rasayana Retreat Pattaya & Yoga Academy for life and learning**

Day 4 Morning		Afternoon	
Yoga Academy (1.5 hr.) - Individual Yoga session, containing selected Asanas, Pranayama and Meditation.		Rasayana treatment (3.5 hr.) - Far - Infrared sauna - Body Salt scrub - Aromatherapy Massage - Colon Hydrotherapy - Raw Living Food 1 Set	
Day 5 Morning		Afternoon	
Yoga Academy - Closing. (3 hr.) - Individual Yoga session, containing selected Asanas, Pranayama and Meditation. (90 min) - Reflection of the individual body- and mind experience in the past days. - Individual Yoga and ayurvedic advice to transfer the experience and knowledge in your daily life. (90 min)			
<b>Yoga Academy special price:</b> 14.000 Baht (instead 21.000 Baht)		<b>Rasayana treatment special price:</b> 14.000 Baht (instead 18.870 Baht)	
in total: <b>28.000 Baht</b> (instead of 39.870, save 30% in relation to the single unit price)  excl. transport to Yoga Academy and back to Rasayana / Fairtex Hotel			
recommended Hotel for Stay: Fairtex Hotel			
For more informations, further questions and booking please contact the Yoga Academy for life and learning, Dr. Friederike Fahr: <a href="mailto:friederike.fahr@gmail.com">friederike.fahr@gmail.com</a> +66 (0) 92 908 9123			

## Deep intensive Cleansing: 9 Days Rejuvenation & Yoga

### Rasayana Retreat Pattaya & Yoga Academy for life and learning

Program includes:

- 8 days private Yoga Program to balance body and mind and to detox your body in combination with
- 7 days special Cleansing Package.

Day 1		Afternoon	
Morning			
<p>Yoga - Opening (3 hr.)</p> <ul style="list-style-type: none"> <li>- Initial talk about individual physical conditions, individual wishes, needs und aims. The analysis will be included in the design of the individual tailored Yoga program.</li> <li>- Introduction to important principles of the Yoga sessions in view of the upcoming cleansing and rejuveantion process. (90 min)</li> <li>- First Yoga session including Asanas, Pranayama uad Meditation. (90 min)</li> </ul>		<p>Rasayana treatment (3 hr.)</p> <ul style="list-style-type: none"> <li>- Health evaluation</li> <li>- 1. Colon Hydrotherapy</li> <li>- 1 x Probiotic before bed, daily</li> </ul>	
Day 2		Afternoon	
Morning			
<p>Yoga Academy (1.5 hr.)</p> <ul style="list-style-type: none"> <li>- Individual Yoga session, containing selected Asanas, Pranayama and Meditation.</li> </ul>		<p>Rasayana treatment</p> <ul style="list-style-type: none"> <li>- Start Supplement: <ul style="list-style-type: none"> <li>• 3 x Cleansing Shake, daily</li> <li>• 5 x Cleansing Herbal Packets, daily</li> </ul> </li> </ul>	
Day 3		Afternoon	
Morning			
<p>Yoga Academy (1.5 hr.)</p> <ul style="list-style-type: none"> <li>- Individual Yoga session, containing selected Asanas, Pranayama and Meditation.</li> </ul>		<p>Rasayana treatment (3 hr.)</p> <ul style="list-style-type: none"> <li>- Far - Infrared sauna</li> <li>- Lymphatic Drainage massage (90 min)</li> <li>- 2. Colon Hydrotherapy</li> <li>- Supplement</li> </ul>	

**Deep intensive Cleansing: 9 Days Rejuvenation & Yoga**

**Rasayana Retreat Pattaya & Yoga Academy for life and learning**

Day 4 Morning	Afternoon
Yoga Academy - free day	Rasayana treatment - Supplement
Day 5 Morning	Afternoon
Yoga Academy (1.5 hr.) - Individual Yoga session, containing selected Asanas, Pranayama and Meditation.	Rasayana treatment (3 hr.) - Far - Infrared sauna - Detox Salt Polish - Swedish massage (60 min) - 3. Colon Hydrotherapy  - Supplement
Day 6 Morning	Afternoon
Yoga Academy (1.5 hr.) - Individual Yoga session, containing selected Asanas, Pranayama and Meditation.	Rasayana treatment - Supplement
Day 7 Morning	Afternoon
Yoga Academy (1.5 hr.) - Individual Yoga session, containing selected Asanas, Pranayama and Meditation.	Rasayana treatment (3 hr.) - 4. Colon Hydrotherapy  - Supplement
Day 8 Morning	Afternoon
Yoga Academy (1.5 hr.) - Individual Yoga session, containing selected Asanas, Pranayama and Meditation.	Rasayana treatment (3 hr.) - 5. Colon Hydrotherapy - post cleanse advice

**Deep intensive Cleansing: 9 Days Rejuvenation & Yoga**

**Rasayana Retreat Pattaya & Yoga Academy for life and learning**

Day 9 Morning	Afternoon
<p>Yoga Academy - Closing. (3 hr.)</p> <ul style="list-style-type: none"> <li>- Individual Yoga session, containing selected Asanas, Pranayama and Meditation. (90 min)</li> <li>- Reflection of the individual body- and mind experience in the past days.</li> <li>- Individual Yoga and ayurvedic advice to transfer the experience and knowledge in your daily life. (90 min)</li> </ul>	
<p><b>Yoga Academy special price:</b> 20.000 Baht (instead 33.000 Baht)</p>	<p><b>Rasayana treatment special price:</b> 22.000 Baht (instead 28.590 Baht)</p>
<p>in total: <b>42.000 Baht</b> (instead of 61.590 Baht, save 30% in relation to the single unit price)</p> <p>excl. transport to Yoga Academy and back to Rasayana / Fairtex Hotel</p>	
<p>recommended Hotel for Stay: Fairtex Hotel</p>	
<p>For more informations, further questions and booking please contact the Yoga Academy for life and learning, Dr. Friederike Fahr: <a href="mailto:friederike.fahr@gmail.com">friederike.fahr@gmail.com</a> +66 (0) 92 908 9123</p>	

