

HOLISTIC EXPERIENCES @ ORYZA SPA

RESERVATIONS

For inquiries about the Yoga Class or private lesson, please contact directly the reception of the ORYZA SPA, dial 1906. In order to guarantee availability, we advise to make your reservation in advance, minimum the previous day until 8pm.

Classes of maximum 6 participants and minimum 3. For private lesson until 2 participants related.

Cancellation the same day of the lesson and no-show will be subject to a fee of 50% of the session price.

BEFORE ARRIVAL

We recommend that you leave all your valuables in the room before your session.

We recommend to not eat at least 2 hours before your session.

ARRIVAL

We will be waiting for you at the ORYZA SPA 10 minutes before the class. We thank you to respect the timings to guarantee a full yoga experience. Late arrivals will not be able to join the class.

CHI KUNG

Qigong literally: 'life-energy cultivation' is a holistic system of coordinated body-posture and slow-flowing movement, deep breathing, and calm meditative state of mind used for the purposes of health, spirituality. Traditionally viewed as a practice to cultivate and balance qi (pronounced approximately as "chi"), translated as "life energy".

HATHA YOGA

A very gentle class, in which we will practice basic traditional Asanas (poses), Surya Namaskar (sun salutation) and Pranayama (breathing exercises). With the breath as a guide and guided relaxation to finish, this slow practice will help bring peace to body and mind. All Levels

VINYASA YOGA

This is a faster paced class, coordinating movement with breath to move from one pose to the next, without stopping in between. Strongly influenced by traditional Ashtanga Yoga, the heat we create in our body during this practice will burn out build-up toxins, cleaning the blood and improving circulation. Intermediate and Advanced Level

DAYS	MONDAYS	TUESDAYS	WEDNESDAYS	THURSDAYS	FRIDAYS	SATURDAYS	SUNDAYS
STYLE HOURS	HATHA 9am- 10am	CHI KUNG 8am -8.45 am VINYASA 9am-10am	VINYASA 9am- 10am	HATHA 10am- 11am	VINYASA 10am- 11am	CHI KUNG 8am -8.45 am HATHA 10am- 11am	VINYASA 9am- 10am
PARTICIPANTS	MINIMUM 3	MINIMUM 3	MINIMUM 3	MINIMUM 3	MINIMUM 3	MINIMUM 3	MINIMUM 3
PRICE PER PERS	25 €	25€	25 €	25 €	25 €	25 €	25 €
PRIVATE LESSON Up to 2 participants maxi.	85€	85€	85€	85€	85€	85€	85€
DISCOVERY SESSION Complimentary		VINYASA 3.30pm-4pm		HATHA 3.30pm-4pm			VINYASA 3.30pm-4pm

ORYZA SPA CONTACT: DIAL 1906 FROM YOUR ROOM