

## Palácio YOGA BREAK – 4 nights

Our luxury Yoga Break is an invigorating way to improve your health and unwind in peaceful and idyllic surroundings. Palácio's Banyan Tree Spa provides the perfect combination for a transforming break that promises to leave you feeling deeply relaxed and wonderfully re-energised. Prepare to surrender yourself, body and soul.

### Your four-night YOGA BREAK package includes:

- Four nights accommodation in a Superior room at the 5 Star Deluxe Palácio Estoril Hotel, Golf & Spa
- Buffet breakfast in the restaurant
- Unlimited access to the Dynamic Pool, HydroBanyan Circuit – Hammam, sauna, sensations showers, jacuzzi, Turkish bath, jets
- Use of fully-equipped gym facilities with expert supervision by a qualified personal trainer
- Personal wellness assistance during the programme

### Palácio Yoga Break Programme, per person, including:

- Two **Yoga Private Classes**: At the Palácio Wellness Center we offer classes for beginners and more experienced practitioners, providing a stable environment for learning the Ashtanga Yoga, according to the tradition left by Shri K. Pattabhi Jois and continued by Sharath Jois. Discover how to take Yoga and its many benefits for a day-to-day life with more connection and health.
- One **Yoga Group Session**: This is a dynamic group practice, that is strong from the physical point of view, but adapted to the capacities, conditions and needs of each person
- One **Banyan Tree Spa Full Body Massage – your choice (60-min)**: Choose from an indulgent array of massages, and surrender to the intuitive touch of our professionally trained therapists. Choose from Touch of Love or Touch of Peace massage oil to complement your state of mind and achieve desired effects.

### Prices 2019:

|   | 01/01 to 30/04 | 01/05 to 30/06 | 01/07 to 30/09 |
|---|----------------|----------------|----------------|
|   | 01/11 to 31/12 | 01/10 to 31/10 |                |
| Price per Person sharing a Superior DOUBLE room | € 786          | € 894          | € 1.002        |
| Price per Person in a Superior SINGLE room      | € 1.110        | € 1.326        | € 1.524        |

All above mentioned rates are IN EURO per person. All activities and treatments will be booked prior to arrival. This package treatments are subject to availability. The Hotel reserves itself the right to cancel/change the programme without prior notice. Terms & Conditions apply.