



**YOGA**

**& more**

Yoga means union.

This union between body, mind and spirit, has been forgotten for most of the time during our lives, especially following the Western society and its lifestyle.

Creating balance between these is the key for a good, healthy and peaceful journey throughout days, weeks, and years of our life.

When we are not centered, due to one of these 3 aspects is more active than others (mostly the mind), we create compression, constriction inside us, and, with time, this can become destructive for our being.

We become sick because most of the time we do not listen to ourselves: We are so busy with our minds and with all the unnecessary things we buy or we do for "living".

We prioritise actions against ourself, we look for what we do not have instead of enjoying what life has already given us. We always believe that the next moment will be better and bring success, loosing then the only fraction of time that exists -NOW-

Following the teachings from Himalayan Sadhu and Gurus, ancient yoga helps to re-find the center in our lives, to re-connect to yourself, to create space and expansion within by putting us and our health as first, so then, as a consequence, all the external world will become just a journey, a beautiful movie to feel and live fully rather than to watch. Yoga opens your body to allow emotions and traumas stored within to be released. Using breath as anchor, we witness our mind, and we break the pattern of being its servant.

Yoga is the union of practices that includes: Purification of the phisical and mental body (shatkarma kriya); Guidelines of lifestyle from yogic philosphy (Yama & Niyama); Positions (Asana); Breathwork (Pranayama); Control of the senses (Pratyahara); and meditation.

All these practices are at the base of the tree of yoga, and the deeper the practice is, the more you will be able to be open to release, to bring balance, clarity and happiness to your life.

Please bring your mat with you because we can not offer ours due to the regulations. We will also apply all the distance rules and safety requirements following the updated regulations from Lombardia regions. Class are open air!

## PRIVATE LESSON

- We do offer private lesson following the availability of our teacher.  
Please book your practice at least 24hrs in advance.  
Cancellations on the same day will incur in 50% of the price of the lesson.

Choose your favourite practice among:

Hatha Yoga; Raja Yoga; Classical Kundalini; Yin; Restorative;  
Meditation or Pranayama (for max 3 pax)

60,00€ per 60 minutes lesson  
90,00€ per 90 minutes lesson

# **SOUND HEALING SESSION with Alchemy Crystal Bowls**

99,00€ per 55 min. (max 3 people)

What is Sound Healing Therapy?

Sound Healing is one of the oldest forms of therapy known to mankind. It has been used around the world over the centuries to assist in a variety of healing processes.

Sound produces powerful vibrations and, as we are vibrational beings by nature, our structure is influenced and transformed by its movement.

The Alchemy Crystal bowls create both pure tones and harmonic overtones which have the ability to reset and re-tune the subtle energy field of our body, shift our brain waves, enhancing relaxation, creativity and physical release.

What are the Alchemy Crystal Bowls?

Crystal Tones® Alchemy Crystal Bowls are a one of a kind sonic tool that utilizes a proprietary quartz fusion patented-technology unique to each one of them. The tones produced by the bowls are not just heard by the ear, but also felt in our whole body, entraining with it at every level, from the very cellular structure to every organ and tissue, as well as more subtle aspects such as the psyche and the emotional system.

Nowadays more and more people experience the benefits of the use of frequency and vibration in their search for wellness. As our lifestyles continue on the fast track, we seek more venues for mindfulness, well-being, inner peace, relaxation and regeneration.

In the USA, Sound Healing is currently one of the most requested therapies, while here at Lago di Garda our therapist offers a unique service with various innovative treatments.

## Benefits of the Alchemy Crystal Bowls Therapy:

- Stress and anxiety relief
- Cellular regeneration
- Energetic and emotional clearing
- Life purpose connection
- Recovery from illness, trauma and medical treatments
- Assists through life challenges
- Increases vitality, creativity and motivation
- Promotes detoxification
- Strengthens the immune system

## How does Crystal Sound Therapy work?

The pure, high frequency sounds resonate and entrain with our physical, emotional and energetic bodies, bringing the possibility of clearing, cleansing and balancing at the cellular level.

We are offering this unique service privately, for you, or with a partner of your choice, in the intimate atmosphere of your hotel room, or, if preferred, outside.

We kindly ask you to give permission to our therapist to enter your room 15 minutes before the treatment in order to set up the bowls and create the appropriate relaxing environment.

Please book your appointment at least 24 hrs in advance at the Front Desk.

Please note that these appointments are on high demand.

## **Deep Release Massage & Sonic Therapy (2 therapist)**

249,00€ per 60 min.

We offer you one of the most unique combination of relaxation techniques that you can ever experience.

While our masseur is working on your body through the activation of pressure points and meridians helping it to release tensions, stagnant emotions and stress, our sound therapist will gently introduce the exquisite sounds of the Crystal Alchemy Bowls, leading you to an even deeper state of relaxation and release.

This package includes a selected herbal tea for you to enjoy in the comfort of your room after your treatment. To facilitate your transition into “regular activities,” we encourage you to remain in this calm environment, avoiding electronics, and dedicating time for yourself to properly integrate this powerful experience.

## **Yoga & Sound Bath**

108,00€ per 60 min. (max 3 people)

As you may know, yoga is not just about touching your toes — not just about physical movement; it is more an invitation to open our body and soul in order to enable physical and emotional release.

With each yoga posture and breathwork, you will be balancing and opening your energy centers at a physical and energetic level, then your body and soul are more open and ready to receive and deeply feel the healing sounds of the Alchemy Crystal bowls, affecting directly your tissues, bones, cells and chakras on the deepest level, helping you to release stagnant energy, and bring you inner peace, joy and happiness.

We are offering this combination of services privately in the comfort of your hotel room, or in our “secret” garden behind the hotel. The choice is yours!

Due to the current regulations, we are not able to provide you with a mat. We kindly ask you to bring your own. For your comfort and safety, distancing rules and health protocol requirements from the Lombardia region are in place and constantly updated.