



The  
Spa  
NAYARA

WELLNESS  
MENU

## SPA WELLNESS MENU

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### **YOGA - 60 Minute Private Class** **\$100, \$30 extra person**

Choose from Hatha, Vinyasa, Kundalini, or Restorative Yoga. Our experienced instructors will customize each session to your individual needs and fitness level, helping you find physical equilibrium and release mental tension.

### **MEDITATION - 45 Minute Private Session** **\$100, \$20 extra person**

Our meditation sessions use various techniques to help you achieve mental equilibrium and overall well-being.

### **ENERGY HEALING - 60 Minute Session** **\$120**

Experience a powerful energy healing session to heal physical, mental, or emotional issues. Our therapists use hands-on techniques to transmit healing energy, without physical contact, via the magnetic field. Choose from different techniques such as Reiki, Pranic Healing, or Energetic Healing.

### **SOUND THERAPY - 50 Minute Session** **\$150, \$35 extra person**

Lie down on comfortable yoga mats while our therapists use various sound instruments to achieve higher levels of meditation and mental relaxation.

### **CACAO CEREMONY - 60 Minute Session or more** **\$180, \$40 extra person**

Experience a local ceremony that involves drinking a sacred ancient liquid used by the locals that is known to generate special powers in the body and spirit. The ceremony involves a meditation session, singing, and dancing.

### **THE RITE OF THE WOMB - 60 Minute Session or more** **\$180, \$40 extra person**

Designed especially for women to heal wounds in the uterus. This healing session is known to go seven generations back. A Power Meditation is involved, and each woman receives a semiprecious stone to carry with them as part of the ritual.