

# Body & Mind

## Yoga at Santa Katarina






Let the sounds of nature carry you away into the essence of Yoga. Learn to breathe properly. Enjoy a range of different types of Yoga. Let your body and mind connect with the energy around you.

- Yoga sessions
- Meditation and breathing techniques
- Lectures on Yoga and Ayurveda
- Tips for a healthy lifestyle
- Suggestions for a healthy and well-balanced diet

...harmony has found its name

 **resort**  
SVATÁ KATEŘINA

**At Santa Katarina you can choose from the following programs:**

-  **Days of Absolute Relaxation - why not try it?**
-  **Body & Mind – Yoga at Santa Katarina**
-  **Beauty & Lifestyle – be magnificent**
-  **Slim Week – lose weight at Santa Katarina**
-  **A Romantic Weekend**

**The Yoga program at Santa Katarina includes:**

-  **Accommodation for 2 nights, breakfast incl.**
-  **30 minutes of Thai massage**
-  **Free entry to our wellness centre for a day**
-  **5 Yoga sessions**
-  **Professional lectures and consultations**

**Prices from EUR 99**

Zuzka Klingrová is your guarantee of professionalism .



stella mccartney

GOLF CLUB TELC



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