

FidazerHof Ayurveda Yoga

2024



The Ayurveda yoga experience at the FidazerHof! Every Monday from 9:00 to 13:00

With this package, our yoga master Sanjay will entice you into the world of yoga and show you the health benefits of the teachings from India. With the FidazerHof Ayurveda Yoga Package you get an insight into the Ayurveda nutrition combined with yoga techniques that you can easily copy at home.

- **Ayurvedic welcome drink**
- **Yoga consultation and individual nutritional counselling**
- **Private class with Sanjay Vyas**
- **Personalised yoga exercise plan for at home Individual breathing yoga**
- **Ayurvedic lunch after yoga including nutrition plan**

Appointment on request at +41 81 920 90 10
or info@fidazerhof.ch

CHF 295.00

CHF 75.00 / additional person

Changes to the flat rate or additional services will be charged in full

Relaxation and enjoyment for body, mind and palate

