



# Ayurveda Cure

„More energy with Ayurveda“ Our Ayurveda cure is aimed at people who want to find back to their natural balance and also want to gain new energy for life. According to the Indian health science, humans are determined by three „constitutional types“, the so-called Doshas (Vata, Pitta, Kapha). The science is about maintaining the dynamic balance of the Doshas and to activate the self healing powers of the organism. The focus is on the human being with his entire body, spirit and soul.

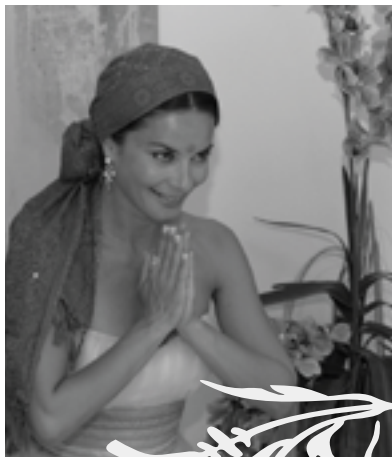
It was never as easy to realise good intentions. Our Ayurveda Cure will provide your body and spirit with a new glaze and agreeable harmony. Thanks to special massages, Yoga, Abhyanga, Samvahana, Pranayama meditation and personal, tasty nutrition, you'll enjoy a completely new life experience within only a few days. Some points of the Ayurveda Cure programme sound rather exotic and mystical. Our Ayurveda experts reveal their secrets.

Services included in the offer:

- ① *Heavenly living experience ❖ Divine dining ❖ Fabulous pleasure*
- ② *All „General Inclusive services“ according to the detailed description on page 3, plus...*
- ③ *Spezial arrangement services*

After the constitutional analysis on the 1st day after your arrival, you'll receive your first Ayurveda „Classical“ treatment. Starting from the 2nd day after your arrival you will receive one treatment tuned to your needs daily (except on day of departure).

Furthermore, we offer Pranayama breathing meditation and morning Yoga as well as information on various topics on a daily basis. Treat yourself to this „timeout“. You'll feel like a newborn afterwards.



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**RATE** per person inclusive of all services listed

Bookable: 9/1 to 23/12/2011, Arrival on Sundays	Single room supplement per night	1 Week	2 Weeks	Extra days per night (day)
		7 nights	14 nights	
SINGLE ROOM	▼	1.134,-	2.155,-	154,-
COMFORT ROOM	* 35,-	1.062,-	2.018,-	144,-
BIO ROOM	* 50,-	1.254,-	2.383,-	170,-
COMFORT and CINDERELLA SUITE	* 75,-	1.254,-	2.383,-	170,-
BIO SUITE	* 75,-	1.464,-	2.782,-	199,-
COTTAGE and NOBLE SUITE	* 100,-	1.512,-	2.873,-	205,-
CINDERELLA JUNIOR SUITE	* 100,-	1.632,-	3.100,-	221,-
NOBLE COTTAGE SUITE	* 100,-	1.710,-	3.249,-	232,-
CINDERELLA LUXURY SUITE	* 125,-	1.992,-	3.785,-	270,-
SPA LUXURY BERNSTEIN SUITE	* 150,-	2.904,-	5.518,-	394,-

\*Rate for single-use of a room or suite per night | Children's reductions on page 2