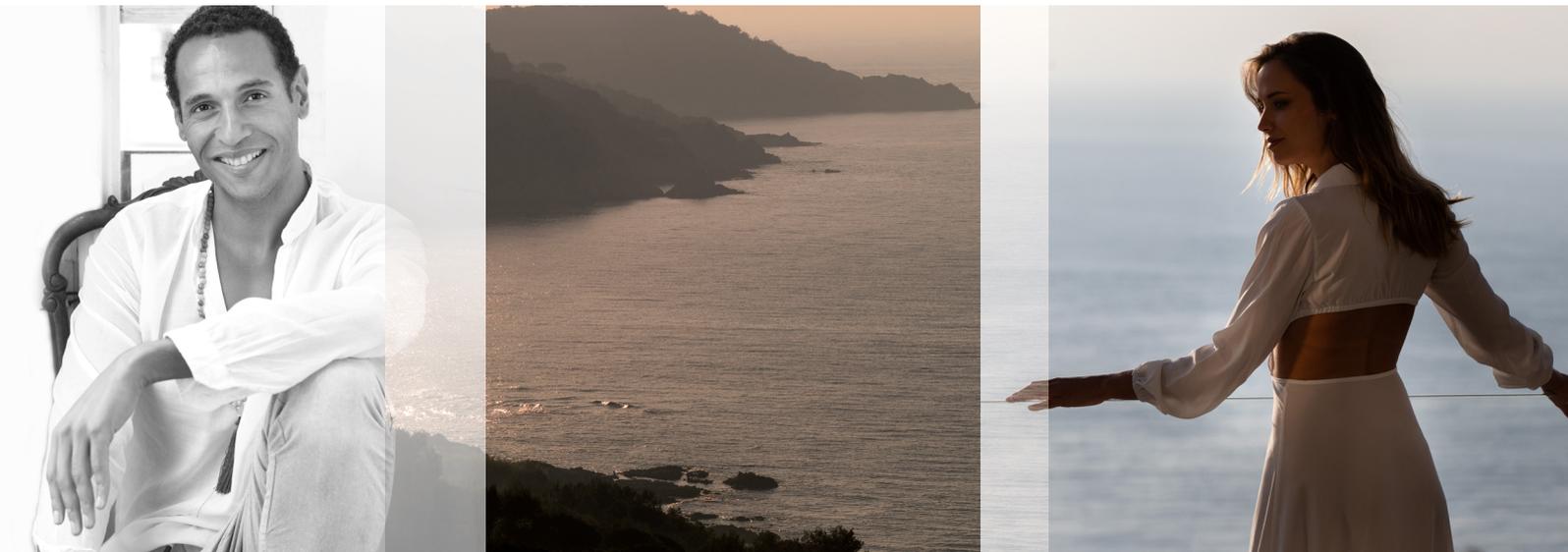


EXCEPTIONAL

la réserve

HOTEL, SPA AND VILLAS

R A M A T U E L L E



Healing Retreat by Isaac Vidjrakou

From Saturday 31 August to Sunday 8 September 2019

La Réserve Ramatuelle will be hosting internationally acclaimed holistic therapist and yoga teacher, Isaac Vidjrakou. Born with a special gift, he is the founder of Mudra Healing, a unique energy therapy, and the creator of Saki massage, which combines the virtues of ancestral Asian and Eastern techniques. His approach to human beings in terms of their physical, emotional and spiritual aspects is universally recognized and enables each individual to move towards a profound sense of well-being, synonymous with balance and harmony.

At La Réserve Ramatuelle, Isaac Vidjrakou will be offering an exclusive menu featuring massages, meditation and a three-day Healing Retreat. Tension subsides, the body is cleansed and your energies rebalanced.

Healing Retreat

If you'd like to eliminate tension and conscious or unconscious blockages impeding your well-being, recover a sense of equilibrium and deep inner peace, Isaac Vidjrakou's daily offer includes:

- personalized advice
- one meditation or Pranayama yoga session
- one personalized massage (1h) from the exclusive menu

Three days - two nights in a Deluxe room with health breakfast

3 400 €

An exclusive menu

Meditation - Breathing

Personalized meditation session based on breathing techniques designed to achieve a profound sense of well-being. 50 min 190 euros

Saki Massage

Saki Massage is Isaac's perfect combination of the most therapeutic millenary techniques around the world. It combines the stretches of Thai Massage, the acupuncture of Shiatsu and Tuina Massage, the smoothness and deep touch of the balinese, the detoxification of the organs through reflexology, and the stimulation of the nervous system at both brain hemispheres using the Indian head massage technique.

1h 230 euros - 1h30 350 euros

Chi Nei Tsang

This is a millenary technique only based on the manipulation of the organs in the abdominal region. By working in there all the energy blocked since childhood, all the anger accumulated in the organs will be released giving a potential change on the person. This is a highly recommended treatment as it is very deep and healing. 1h 230 euros - 1h30 350 euros

Your contact - Soizic Termet - Directrice Spa - +33 (0)4 94 44 52 52 - stermet@lareserve-ramatuelle.com

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