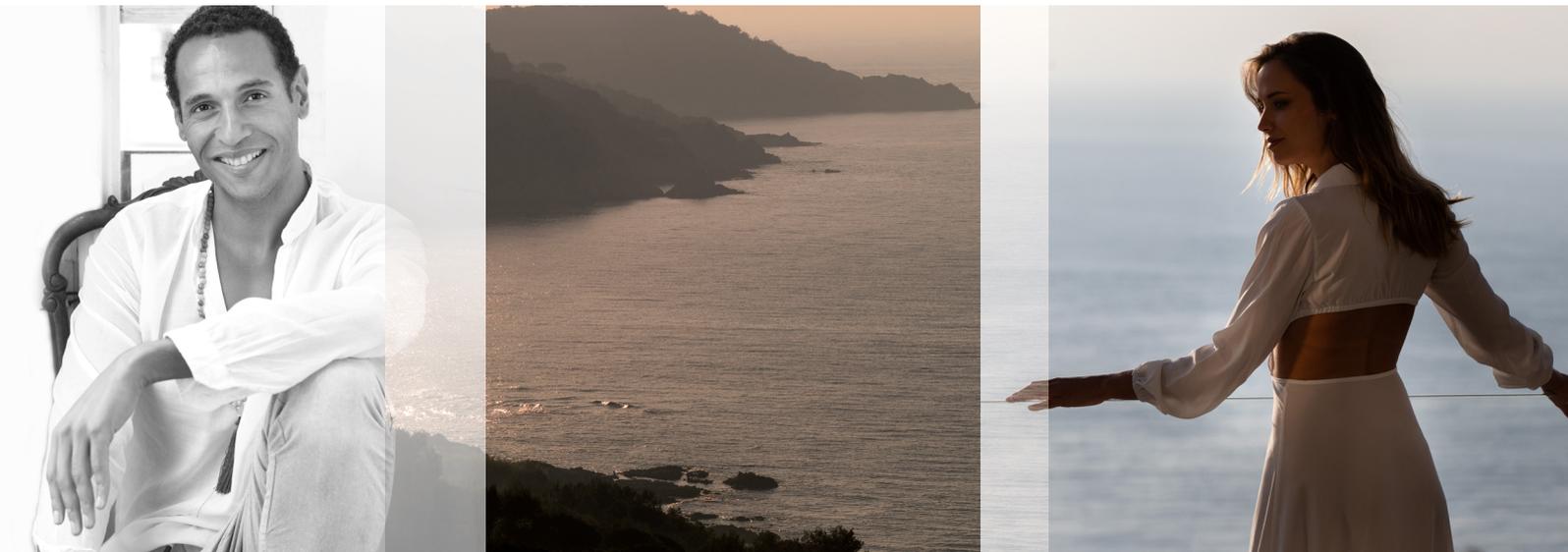


EXCEPTIONAL

la réserve

HOTEL, SPA AND VILLAS

R A M A T U E L L E



## Healing Retreat by Isaac Vidjrakou

from Saturday 12 to Saturday 19 September 2020

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 from 14 to 17 September

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 Healing Retreat includes:

- personalized advice
- two meditation or Pranayama yoga sessions
- two personalized massages (1h) from the exclusive menu

Three days - two nights with health breakfast

2 450 € per person in a single room, Deluxe room category  
2 910 € for two people in a double room, Deluxe room category  
2 900 € per person in a single room, Junior suite category  
3 340 € for two people in a double room, Junior suite category

### An exclusive menu

#### Shamanic Mudra Healing

Mudra healing is an energetic therapy that Isaac developed many years ago, result of the extra sensory perception he was born with. "One day my hands began to move on their own without any effort which was when I started to feel the energy around us". Isaac channels the most pure and crystal energy through his hands and fingers, using Mudra position, to repair, harmonise, unblock and clean the energy system around ourselves and inside the physical body.

1h 230 euros - 1h30 350 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 acupressure 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 - Zoé Peralta - Responsable Spa

+33 (0)4 94 44 52 52 - [zperalta@lareserve-ramatuelle.com](mailto:zperalta@lareserve-ramatuelle.com)