



DEEP FOCUS-SELF HEALING YOGA WORKSHOP

with Maya Fiennes

Tuesday, November 18 and
Wednesday, November 19



When the body is in rhythm there is ease, when the body is out of rhythm, there is disease. The art of healing is self-healing! You will learn how to heal your body and mind with specific mantras and sequence of postures of Kundalini Yoga in Maya's fun, uplifting, and above all, inspirational classes.

In order to strengthen the immune system it is essential to keep digestion and elimination functioning well. The set chosen for this workshop will stimulate the digestive system, generate oxygen in the blood, allow glandular secretion and increase metabolism.

Maya has combined her talents as a successful classical pianist and performer with an upbeat personality to create a unique style of yoga and meditation for modern living based on Kundalini Yoga who established 3HO Foundation in 1969. Maya's philosophy of good health and living with inner peace and confidence have made her one of London's most sought after yoginis!

This program includes one 75 minute session each day with Maya. Mayflower Destination Spa's customary luxury accommodation, spa cuisine meals, active body, mind-spirit and luxury treatment offerings will enhance your experience. Appropriate for all levels.

Deep Focus Self Healing Yoga is available as part of the following Destination Spa plans:

ABOVE AND BEYOND EXPERIENCE

Unlimited treatments from \$4,800

MINI-LUXE EXPERIENCE

Two night getaways from \$2,250, three night escapes from \$2,700