



# Well being

CASA MÃE

## YOGA – GROUP CLASSES

*With over 20 years of experience in yoga practice & yoga therapy, Einav will guide you into an integrated practice working on different levels of the body & mind, aiming at rebalancing & reenergising. Her 60 minute morning classes articulates meditation, breathing exercises, postures and an inspirational text. Ideal for a revitalising start the day!*

9:30am at our Cork Studio | 60 min

Tuesday, Friday, Sunday

**10€ | pax – maximum 6 students**

**Booking highly strongly recommended to avoid disappointment**



## YOGA – PRIVATE SESSION

*Being a certified Vijnana Yoga teacher, Sivananda and Viniyoga and a pre/post-natal yoga instructor, Einav has developed a holistic approach of yoga – a yoga therapy that is especially recommended for specific physical condition, requiring more attention & tailored class, such as back pains, neck and shoulders stress and discomfort, joints' pains or weakness, pregnancy or any other special cases.*

Upon request

**65€ | 60min session – maximum 2 students**



## OUR FITNESS STUDIO

*Casa Mãe's brand new Fitness Studio invites you to integrate movement, wellbeing and fitness into your holiday with us. Our Fitness Studio includes the latest Technogym equipment: functional trainer, skillrow, exercise bike, elliptical cross trainer & free weights. The Studio access is complimentary but upon booking & privatised for up to 4 persons at the same time, to guarantee optimal training conditions*

Available from 7am to 10pm by sign up



## OUR SPECIALS

### BODY & SOUL DETOX

*This holistic treatment will leave you fully rested, reenergised and beautified. The relaxation journey starts with 1 hr private yoga session calibrated to your needs. It then continues in at our SPA with a sauna & steam room session to prepare your skin for the full body scrub & the detox body wrap. The nutritious body mask applied is packed with resveratrol & hyaluronic acid and active natural agents: lemongrass, elemi & ginger to detox & revitalize body & skin, activating blood circulation. The next step of the treatment is a lymphatic drainage / anti cellulite massage, that will release toxins and tonify your skin - using a slimming & sculpting oil and a refreshing algae gel. This holistic ritual ends with an express facial tailored to your skin particularities. Ideal to prepare your skin & body for the summer!*

60 min Private Yoga

Super Green Smoothie

30 min SPA circuit

120 min exfoliation & body wrap, lymphatic drainage, express facial

**210 min | €240**



### HEALING & UNWINDING PROGRAM

*Bespoke treatment aiming at relieving you from chronic pain by combining calibrated yoga therapy & remedial treatments at our SPA. The private sessions will focus on improving your body & mind through posture correction, core muscles strengthening & deep relaxation - while the remedial treatments will help releasing deep seated tensions. Especially recommended for people suffering from pain arising from extensive computer use with back, neck, shoulder & hand pains.*

*Each session includes also 1hr SPA circuit, with sauna, steam room, and hydrotherapy with our rooftop salty water chlorine free pool.*

60 min Yoga Therapy

60 min customized healing massage

*Available techniques: cupping, hot stone, lomi lomi, bamboo, deep tissue with trigger points*

1 hr SPA circuit

**1 session | 155€**

**Pack of 2 sessions | 295€**

**Pack of 3 sessions | 445€**