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Yoga Retreat Offered at Chateau Saint-Martin & Spa, Provence

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Château Saint-Martin & Spa, one of the jewels of the Oetker Collection, is offering complete relaxation experience featuring a "Sadhana Kundalini Yoga" half-day retreat in the Spa Saint-Martin Sisley.

Spa Saint-Martin Sisley, which opens for the season on April 24, is an intimate setting filled with wellness and tranquility under the direction of Executive Spa Manager, Valérie Dalmayrac. The Spa is comprised of a variety of areas such as four treatment rooms including the "Sweet Spa Crystal" (a dual treatment room), a beauty room, a sauna, a steam room, an experience shower, relaxation areas, a fitness room, yoga, personal coaching as well as a gazebo to facilitate harmony with nature.

The "Sadhana Kundalini Yoga" retreat held at The Spa is designed and conducted by specialist, Janam Jaipreet Jot Kaur, a Kundalini Yoga teacher and student of Shiv Charan Singh, and focuses specifically on concentration skills.

This half-day retreat program starting at \$323 per guest includes:

- An hour of Sadhana Kundalini Yoga to recharge – The ancestral science of Kundalini Yoga develops harmony between the mind, body and spirit while at the same time providing tranquility and well-being, as well as a feeling of unity that connects to the natural environment.
- A one hour "energy therapy" session to harmonize the body – Energy therapy combines a variety of relaxation techniques which works to synchronize the body's energy using Tibetan ancestral methods. This blissful experience will leave guests with a sensation of emotional and spiritual fulfilment of the body.
- A Gong sound bath to release tension – This cleansing experience works to relax and recalibrate the body's energy and physical being.

Visit website: <http://www.chateau-st-martin.com/>