

# Program Break



Like a space for deep release, this program focuses on calming the nervous system and releasing physical and mental tension.

Through a set of gentle practices — including breathwork, guided meditation, and sound healing — you are invited to slow down and soothe your inner rhythm. With a soft pace centered on listening and presence, it offers a moment to step away from the noise and reconnect with simple clarity. A program to slow down, feel, and return to yourself.

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## Benefits

- Deep sense of calm
- Nervous system regulation
- Improved breathing and concentration
- Reduced mental and emotional fatigue
- Slowing down and returning to what matters

## Activities

- Morning and evening yoga sessions
- Meditation
- Breathwork
- Sound healing

## Treatments

- Hydrotherapy circuit
- Aromatherapy massage
- Facial treatment & head massage

