



Yoga with Melanie:

Melanie started doing yoga in the UK after suffering from a severe hip injury. From an Akhanda yoga teacher, she learned that yoga does more than just increase physical flexibility. She then completed her training as a yoga teacher in Rishikesh (India) in 2019. There she also received further training in Raj Yoga. Melanie has been working at Ashoka Ayurveda on Madeira since 2020.

Akhanda:

means whole and indivisible. Akhanda Yoga is a holistic form of yoga that includes all 5 elements. These 5 elements are: movement, breathing & sound work (mantras & singing), meditation, and yogic wisdom. Each class offers a repertoire of yoga techniques and aims to bring the physical, energetic, mental, emotional, and intuitive self into harmony. Akhanda Yoga helps to relieve both physical and emotional tension and thus to release blocked energy.

Yoga with Silvia:

Silvia has been practicing, learning and teaching yoga for more than 24 years. She completed her training in Vietnam, India, and Thailand. She has also practised in the UK, Italy, California and Mexico. Silvia has been working at Ashoka Ayurveda on Madeira since 2020.

Hatha Yoga:

is a form of yoga in which the balance between body and mind is achieved primarily through physical exercises (asanas), breathing exercises (pranayama), and meditation. This form of yoga is ideal for balancing the dosha. It is considered a gentle yoga that focuses on static poses. It is therefore ideal for beginners. Although it is gentle, it can still be physically and mentally challenging. The Sanskrit word 'hatha' means "power" and thus alludes to a system of physical techniques.

Aerial/wing yoga in a group:

Aerial yoga is – simply said – yoga in a towel hanging from the ceiling. Aerial Yoga shifts the asanas into the air, which means that you release your body weight more or less into the cloth. The best part: gravity also supports you during the exercises, and the cloth becomes your best friend, your flight and training partner and lovingly helps you to master asanas that are difficult on the ground in an almost playful manner. Yoga in the air is a perfect total body workout that increases strength, endurance, and flexibility – and your own well-being.

When:

Tuesdays from 5:30 to 6:30 p.m.

Participation:

After advance registration – maximum 5 participants

Price:

€25 per person



Forest bathing with Ashoka Ayurveda:

Our trained forest bathing expert, Simone, invites you to take a conscious walk in the forests of Madeira. On this hike, your five senses will be strengthened with mental training and walking meditations. Bathing in the forest reduces stress and increases your well-being.

Equipment:

Water, jacket, towel, sturdy shoes and writing materials

Duration:

approx. 4 hours, including arrival and departure

Price:

€40 per person

Mandala “on Rocks” Workshop:

Whether you are already a mandala expert or approaching this world for the first time, we are sure that by the end of our workshop you will have created your own mandala. In Hinduism and Buddhism, mandala is a spiritual and ritual symbol that represents the universe. The definition of mandala in Sanskrit is “the essence enclosed in a circle”.

In the workshop, you will learn why these special symbols can be useful in life. We create the mandalas on the stones of the island. Stones symbolize a variety of aspects, including strength, stability, and gravity. In Chinese symbolism, stones are associated with ying-yang energy.

Price:

€50 per person



Additional offers
from Ashoka
Ayurveda



Madeira/Portugal
info@ashoka-ayurveda.com
www.ashoka-ayurveda.com



Dear guest,

during your stay with us, you have the possibility to take advantage of additional services from us in addition to your weekly programme and individual treatment plan. Be it further treatments for your well-being, private yoga classes to improve your skills, or even more specific treatments to bring body and mind into harmony. We also offer you the opportunity to get to know Madeira's nature in a special way – by bathing in the forest. On the following pages, you will find an overview of our additional offers. You can book them directly at the Cure office, by e-mail, or by phone.

With kind regards

Birgit Moukom

Cure office:

Telephone: 5558 or 5526
E-mail: acc@ashoka-ayurveda.com

Opening times:

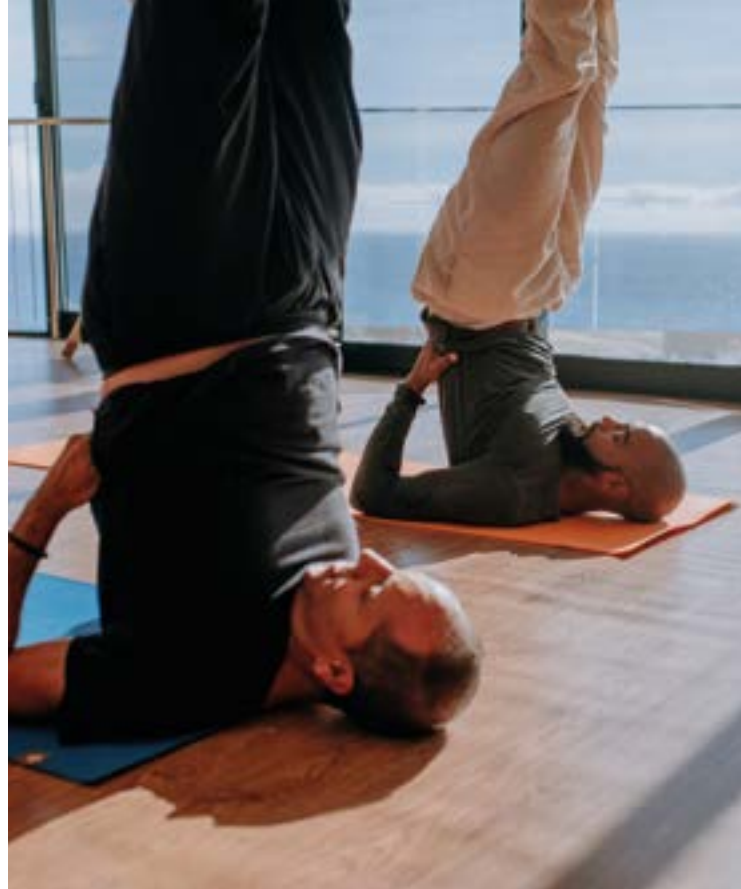
9:00 a.m. to 1:00 p.m. and
3:00 to 6:00 p.m.
(times may differ)

Treatment offers:

Here you will find an overview of our treatments and prices. You can read about the purpose and procedure of the respective treatment in our treatment manual.

Treatment price list

Abhyanga (single)	€84	60 min
Abhyanga (synchronous)	€145	60 min
Panahasveda	€84	60 min
Udvertana	€84	50 min
Ricinus Pinda	€84	60 min
Rice Pinda	€84	60 min
Trimurti	€84	60 min
Garshana	€76	50 min
Padabhyanga	€63	45 min
Mukabhyanga	€63	45 min
Shiroabhyanga	€63	45 min
Shirodara	€90	45 min
Kalari massage	€90	60 min
Acupuncture	€120	90 min
Tuina	€90	60 min
Vastis (Kati, Griva, Uro)	€50	45 min
Colon Vasti	€40	
Nasya	€50	
Constitution determination	€55	
Nutrition counselling	€55	
Svedana	€10	
Group yoga	€15	90/60 min
Private yoga lessons	€50	60 min
Energy work	€85	60 min



Private yoga classes:

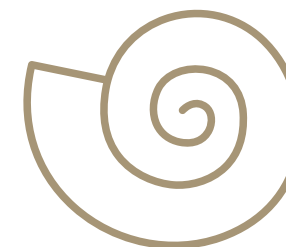
Based on your personal constitution, we develop your individual yoga plan for you. In private lessons, our yoga teachers show you which exercises are best for your well-being and thus develop your yoga level in a targeted and sustainable manner. Our yoga teachers have lived and learned in many places around the world. We can therefore offer you different types of yoga.

Price:

€50 per person and hour

Yoga with Marco:

Marco is a certified yoga teacher and therapist. After his 3-year training, he continued his education in different places around the world. He visited most of his mentors in Chile and India, where he still retreats annually for further training. With his masters from India he has been deepening his Studies of Sanskrit, Mantra, Meditation. Marco has been working at Ashoka Ayurveda on Madeira since 2015.



Sattva Chikitsa:

Contains positions or "asanas" that were named by the founder as Sattva Yoga, "Sequencia Madre" or "Mother Sequence". This method was developed especially for the balance of body and mind and also includes "Pranayama" – breathing techniques – as well as relaxation and meditation exercises. This technique stretches and elongates the whole body. Both beginners and advanced can practice Sattva Chikitsa. The focus is on a better alignment of the body's centre, thereby promoting our entire body awareness.

Yoga with Ariana:

Ariana has been practicing yoga, meditation, and Reiki for 20 years. She has been a trained emotional, mental, and body therapist since 2009. She completed her training in Porto and Brazil. Ariana has been working at Ashoka Ayurveda on Madeira since 2019.

Yin Yoga:

Yin stands for the feminine energy that lets us calm down and is related to the energy of the heart. While in dynamic yoga, we focus on the muscles and are more active, in yin yoga we are passive. The focus here is to feel a spiritual practice where we work the entire body with total presence, and flow between movements. It is characterised by the long stay in the asanas. The focus is on self-love and the development of physical, emotional, and mental awareness.

