



ASHOKA

trust in your elements



Namaste



Ashoka Ayurveda Treatment Center



First
treatment
center in
Portugal

Sustainable
Yoga-retreats

Located on
the flower
island of

Nutrition
& Yoga-/
Qigong-
specialists

Ashoka
Ayurveda
treatment
center on

Many
years of
experience
and tradition

Ayurveda
cuisine with
regional
products

Authentic
Ayurveda
treatments

Ayurveda
doctors and
therapists

Yoga-Retreats at Ashoka Ayurveda: For a Sustainable Balance

Our Offer:

- We are offering the opportunity to spend your **yoga retreat** at our Ashoka Ayurveda Treatment Centre on Madeira.
- During your yoga classes, your participants will enjoy a **breathtaking view** over the Atlantic Ocean.
- In addition, the group can rely on our experienced team of **experts & therapists**. Get to know your Dosha and experience individual treatments to achieve a **sustainable balance**.



Our Location:

Ayurveda-Hotel Alpino Atlantico

- **Amount of rooms:** 24 double bedrooms and 3 suites
 - > All rooms have sea view
 - > 4-Star standard
- **Yoga room** with panorama view
 - 120 m2
- Restaurant with **ayurvedic cuisine**
- Shared use of the facilities in the **sister hotels Galomar/Galosol** (Ashoka Spa, saunas, fitness, pool and sea access)
- **Further offers:** hiking, diving, ocean glamping etc.
- 20 minutes from the **airport** and 15 minutes from the capital city Funchal



Key Info for your Stay:

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Duration:

- Bookable for 7-10 days

Preferred times:

- June-August
- All other days up on request

Number of participants:

- 8-14 persons



Our Ayurveda Packages:

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L-Paket:

- 1 x Constitutional provision & nutritional advice by Ayurveda-Doctor
- 2 x Ayurvedic treatments á 45 min.
- 2 x Ayurvedic treatments á 60 min.
- 1 x Ayurveda-Workshop

M-Paket:

- 1 x Constitutional provision by Ayurveda-Doctor
- 2 x Ayurvedic treatment á 45 min.
- 1 x Ayurveda-Workshop

S-Paket:

- 1 x Constitutional provision by Ayurveda-Doctor
- 1 x Ayurvedic treatment
- 1 x Ayurveda-Workshop

*Every participant has to choose one of the three. From the 9th night onwards, 1 other Ayurvedic treatment is mandatory.



Prices:

For up to 8 nights:

Package	L	M	S
Price	325 €	195 €	130 €



We Hope you'll Have a Carefree Stay!

