

# *Dive Healing Therapy...*

A simple method to cure a sudden cold and deal with problems such as chronic SINUS, EAR PAIN AND INFECTIONS AND BRONCHIAL PROBLEM.

This proven method helps also with EQUALIZING.

DIVE HEALING THERAPY should be done at least a day before your dive. It can be done in your hotel or at YOGA CENTER SHAKTI.

\*Reservations in advance please

40min.

\$45 us

If second is require

\$25 us

## *Private Breathing Class Perfect for Divers....*

We would work with specific breathing related to \*IMPROVE YOUR AIR COMSUMPTION.

Also learn how to RELAX and enjoy your DIVING. The class can be done at the beach, hotel or at the YOGA CENTER SHAKTI.

We suggest to do the \*BREATHING CLASS before your first dive.

\*Reservations in advance please, to coordinate with your instructor.

1 hour

\$40us

## *Private Yoga Class....*

The class can be at the beach your hotel or at the YOGA CENTER SHAKTI. We will provide your mat and towel. Reservations in advance please.

1 hour

\$40us

## *Yoga Class At The Yoga Center Shakti....*

Beginners and medium

8:00am or 7:30pm

Monday, wednesday, friday

Medium and Advance

8:00pm

Tuesday and tuesday

MEDITATION AND PRANAYAMA

8:30pm

Fridays

Last sunday of each month 5:30am.

\$9 us x class

## *Traditional Thai-Yoga Massage...*

Please see the information about this massage.

We suggest to take the massage the day you dont dive or before your first diving starts.

\*Reservations in advance please.

1 hour

\$60

90 min.

\$75

couples

\$110 us



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