

Why You Need Yoga and Meditation



In facing life, you have at least four demands; self demands, family demands, professional demands and environmental demands. If you can fulfill all of these demands, it means you have no problems in facing life. Congratulations. You are one of the lucky few. In reality however, it is difficult for the average person to fulfill all of life's demands.

Lack of ability to fulfill the demands of daily life can cause strain or stress. Whatever your profession in life, you cannot avoid stress. Uncontrolled stress creates problems. It is now believed that almost 70% of diseases are caused by stress.

Yoga and Meditation have been trusted for thousands years to help one reach calmness and peace of mind. Calmness is the source of physical, mental and emotional health. Only calmness can balance the stress that is faced in daily life.

Villa Semana
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All yoga sessions must be booked in advance.

The Programs



Honeymoon Retreat

Enrich your love life

Introduction

1

Kamasutra Yoga

Discover the secrets of greater intimacy.

This yoga is ideal for couples. You will learn how to expand the pleasures of sex and increase the warmth of your love for each other.

Every Day

Start : 07.00am - 08.30am

Love offering : US \$ 30.- per couple

(Exclusive 21% Tax and Service Charge)



Jagadhita

How to be Happy in this life

Introduction

1

Breathing and Smiling Meditation

Discover how to achieve a state of calmness and happiness through this simple breathing exercise

2

Freedom From Stress

Learn how to free yourself from anger, sadness and anxiety. Be free from accumulated negativities in the body and emerge a new person.
(A happy person)

3

Jagadhita Yoga

Learn how to release muscle tension from sleeping to prepare your body, mind and emotions to better face your daily activities.
Have a joyful day!

Every Day

Start : 07.00 - 08.30am

Love offering : US \$ 25.- per person

(Exclusive Tax and Service)

