



**DUNE**  
**ECOVILLAGE & SPA**

# SECRET HEALING RETREAT

From the 7th to 16th of February and the 6th to 15th of March 2016, Pondicherry, India



For you, a unique adventure of well being.



Within an authentic and original Eco Village and Spa nestled on the beachside, a couple of kilometers from Pondicherry and Auroville in South India, we will accompany you amidst the core of spirituality, organic life, nature, purity of the spirit and cleansing of the soul.

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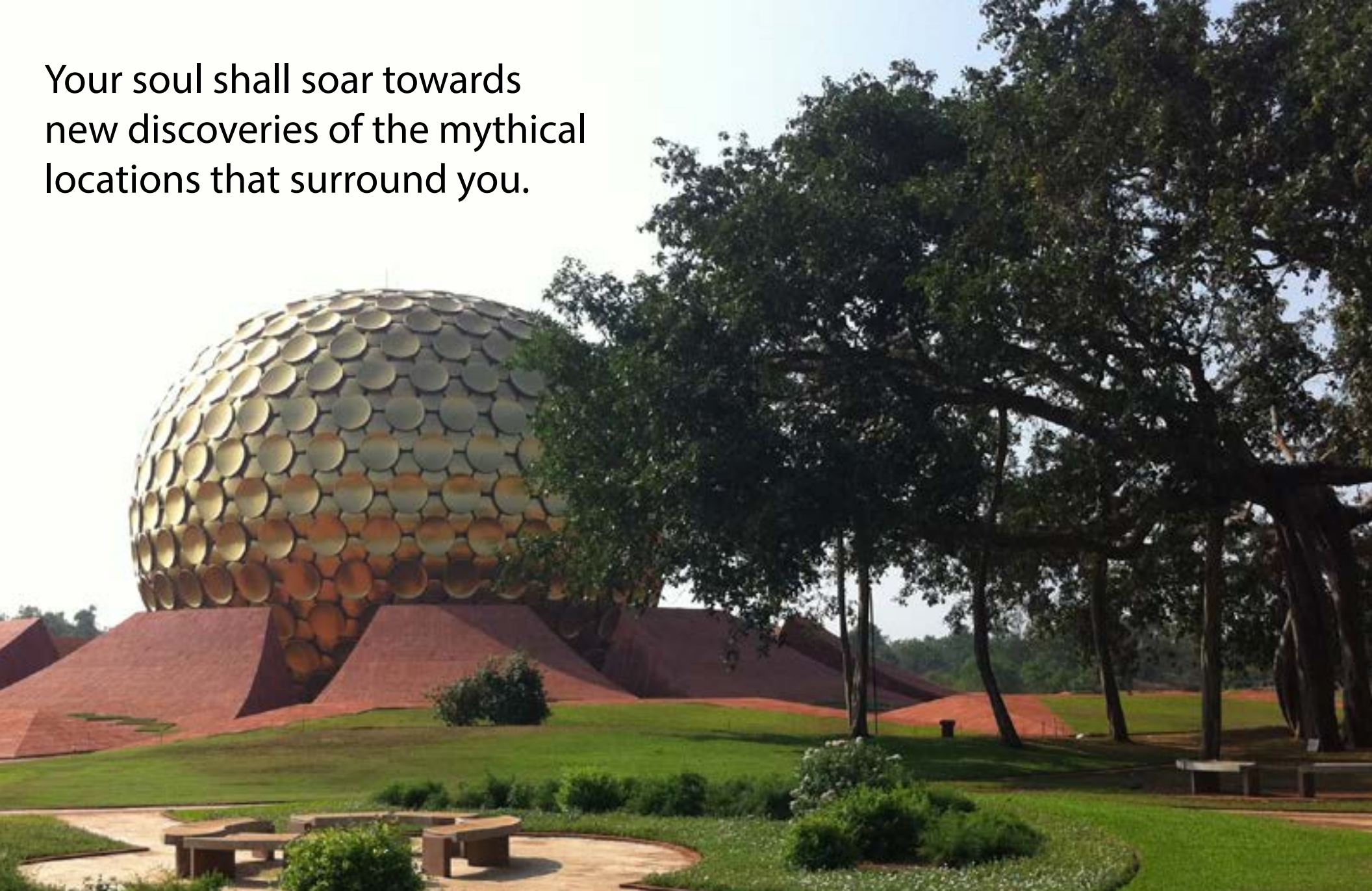
Your stay will consist of Ayurvedic treatments, immersing you within yoga, meditation as well as numerous alternative practices and new aquatic therapies such as Watsu in the ecological and heated Magic Water pool. Exploration workshops are also part of the program.



Yoga / Meditation / Ayurveda / Aquatic Therapy



Your soul shall soar towards  
new discoveries of the mythical  
locations that surround you.



Gastronomy / Culture / Leisure / Discovery





Watsu is inspired from Zen Shiatsu

Watsu®, Yoga et Tai Chi in Water



## Your program : 5 to 6h of daily activities

Taxi pickup and drop at Chennai Airport.

15-minute foot massage upon arrival at the Spa.

Single or double occupancy room stay. • Free cycle provided during your entire stay.

Medical checkup with Ayurvedic doctor and individual treatments, Ayurvedic menu

Yoga every morning and meditation during the evening • 1 ayurvedic treatment per day

3 individual aquatic healing therapies ( Watsu, Aquareflexo, Aquatic meditation, Water dance or Water Cranio

Sacral and 3 group therapies (Aichi: Tai Chi in water and Woga: Yoga in water)

Visit of Dune, Artyzan school, Shiva Nataraj pyramid temple and Miracle forest.

Your meals will be vegetarian, gastronomically prepared and adapted to your Ayurvedic medical profile.

All food comes from the hotels 2 organic agriculture farms.

1 day visit of Pondicherry and Auroville

Treatments a la carte (supplement) : Shiatsu, Reflexology, Thai massage, EMDR, Cranio Sacral massage



## Forfait 10 Jours:

From 7 to 16 Fevrier

&

From 6 to 15 Mars 2016

2150 € Single Room A/C

2850€ Double Room A/C

1750€ Single Room Non A/C

2500 € Double Room Non A/C

Yoga

Meditation

Ayurveda

Aquatic Therapy

Workshop

Therapy of the World

Culturel Visit

A refined program,  
open to all and monitored  
by professional doctors  
and therapists.



**PARADISE**  
SPA  
**SPA & HEALING CENTER**

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