Well-being day :



Morning Yoga 9.30- 10.30 am	Pranayama Breathing Technique	Bhramari Clears the mind
	Guided Meditation	Karma Cleaning Exhales the past, inhales the present
	Traditional Hatha Yoga	Twisting of the spine Releases toxins
Massages	Aromatherapy Scrub	Chocolate Skrub Cleanses skin pores
	Massages	Abhyanga Hot oil + wrap Ideal for detoxification
	Herbal Teas	Dandelion Supports liver function
Evening Yoga 6.00 - 6.30 pm	Yin Yoga	Fairy and kidney meridian Stimulates the body's cleansing organs
	Herbal Teas	Thyme and Rosemary Stimulates kidney elimination

Well-being day :



Morning Yoga 9.30- 10.30 am	Pranayama Breathing Technique	Kapalabhati (Breath of Fire)
	Guided Meditation	Visualization Inspires vital energy
	Traditional Hatha Yoga	Surya Namaskar Sun salutation Opens the 7 chakras
Massages	Aromatherapy Scrub	Purifying Spices Aromatherapy for soft and revitalized skin
	Massages	Marma Therapy (Vital Releases energy blockages Points Massage)
	Herbal Teas	Ginger Lemon Tea Stimulates digestive fire
Evening Yoga 6.00 - 6.30 pm	Yin Yoga	Yin Yoga for Energy Stimulates the body's cleansing organs
	Herbal Teas	Tulsi (Holy Basil) Basil

Well-being day :



	Pranayama Breathing Technique	Sheetali Cools the system
	Guided Meditation	Meditation of water Inspires vital energy
	Traditional Hatha Yoga	Chandra Namaskar Moon Salutation Balances emotions and energy
Massages	Aromatherapy Scrub	Yogurt and Peppermint Aromatherapy refreshes and soothes the skin
	Massages	Pitta massage Cools the body and reduces excess heat
	Herbal Teas	Rose Tea Refreshing herbal infusion
Evening Yoga 6.00 - 6.30 pm	Nidra Yoga	Savasana Complete relaxation
	Herbal Teas	Golden Milk Soothes inflammation and internal heat

Well-being day	•
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BALANCE

Morning Yoga 9.30- 10.30 am	Pranayama Breathing Technique	Dirga Coordinates breathing (Three-Part Breath)
	Guided Meditation	Grounding Meditation Grounds oneself to gain stability
	Traditional Hatha Yoga	Balance Yoga Balances emotions and energy
Massages	Aromatherapy Scrub	Chickpea Flour and Sandalwood Gentle exfoliation and harmonization
	Massages	Kansu Massage Improves blood circulation and overall balance
	Herbal Teas	Fennel, Coriander, Ginger, and Turmeric Balancing herbal infusion
Evening Yoga 6.00 - 6.30 pm	Nidra Yoga	Sound Therapy Restores harmony between the mind and body
	Herbal Teas	Verbena andPromotes relaxation and balanceLavender

WELLNESS PROGRAM SEPT & OCT 25 WITH FLORENCE

MORNING ACTIVITY : PILATES 60MIN 9H30 - 10H30

Improve your core and how to connect Session 1: Reconnect & to it to protect your lower back Activate your core Enhance your stability and build Session 2: Balance & strength through mindful movements Strength Work on our mind and body Session 3: Slow Pilates & connection with Pilates and a Stretching stretching session Session 4: Hips & Twist Work on hips and spine mobility Free of charge for the Resort hosts, everyone is welcome :)





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EVENING ACTIVITY: RELAXATION THROUGH BREATHING - START AT 18H30

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Session 1: Ocean breath relaxation (30min)	Connect our breath to the ocean rythm, for deep relaxation	C
Session 2: Slow Breathing (30min)	Slow breathing exercices to balance our nervous system	
Session 3: Nose & less Breathing (30min)	Breathing exercises to learn how to breath less and through the nose to reduce inflammation & fatigue	
Session 4: Gratitude Breathing (30min)	Reconnect to your inner breath and cultivate our gratitude	
Session 5: Sauna & Breath (45min) – 2 times a week	Sauna coupled with cold exposure with breathing and stretching exercises to enhance the benefits.	

Free of charge for the Resort hosts, everyone is welcome :)

MASSAGE MENU

FACE MASSAGES

Kobido (30 min or 45 min): Kobido massage is an ancient Japanese facial massage technique that promotes deep relaxation, improves blood circulation, reduces wrinkles, and enhances skin elasticity, leaving you with a youthful, radiant glow.

Kobido Detox (1 hour): Experience the benefits of Kobido massage enhanced with a detoxifying treatment that targets the lymphatic system, helping to eliminate toxins and boost overall skin health.

Detox & Glow (with Guasha) (45 min): A detoxifying massage using Guasha tools to stimulate blood and lymph circulation, remove toxins, and boost collagen production for firmer, rejuvenated skin.



Back Neck Head massage (30 min): Relaxing massage to relieve headache, pain and tensions

Relaxing Full Body massage (1h or 45min): To relieve tension, and reduce stress

(different pressure could be applied light/medium/strong)

Extra Fee

COACHING / PRIVATE SESSION

Breath coaching

- 1st Breath coaching session: 1,5 hour personal coaching session to improve your breath with assessment.
- Breath coaching session (follow-up): 1 hour personal coaching session to improve your breath

Pilates private class

- Pilates: 1 hour private session to work on your specific needs and goals
 Pilates & breath: 1,5h private session to work on the Pilates breathing in addition of a private class





MEET FLORENCE BREATH COACH, PILATES INSTRUCTOR & MASSAGE THERAPIST

My approach: holistic wellbeing through breath, movement, and touch

Training & Certifications

- Breath Coach: Trained with Breathing Unlimited (2023 Norway)
- Pilates: Completed training at Sunset Pilates Bali Mat & Reformer (2024 Bali, Indonesia)
- Massage: Specialized in Kobido face massage with Institut Takumi Finch (2024 Paris, France)

Experience

- Conducted breath workshops in Norway and France (Havet, Pust, NTNU, etc.)
- Teaching Pilates classes (mat & reformer) at Sunset Pilates Bali
- One-on-one and group sessions in breath work and massage

Approach & Benefits

- Breath work: Stress relief, nervous system regulation, improved respiratory function
- Pilates: Strength, posture, and flexibility
- Massage: Relaxation, circulation boost, skin rejuvenation

GRAZIE THANK YOU MERCI