

# PARK WELLNESS

## Types of Yoga

1. Hatha Yoga Flow
2. Hatha Yoga Traditional
3. Ashtanga Vinyasa
4. Yin Yoga
5. Dynamic Yoga

<i>Services</i>	<i>Duration</i>	<i>Rate</i>
Chakra Healing by Singing Bowl	1 Hour	NPR. 3,000
• Combined with 2 people	1 Hour	NPR. 2,500 per person
• Combined with 3 people	1 Hour	NPR. 2,000 per person
• Sound Bath more than 3 people	1 Hour	NPR: 1,500 per person
Whole Body Physical Healing	1 Hour	NPR. 3,500
Sound Spa	1 Hour	NPR: 3,500
Drop-in Yoga Class*	1.5 Hours	NPR. 3,000 per person
• Combined with 2 people	1.5 Hours	NPR. 2,500 per person
• Combined with 3 people	1.5 Hours	NPR. 2,000 per person
Pranayama and Breathwork	1 Hour	NPR. 3,000
• Combined with 2 people	1 Hour	NPR. 2,500 per person
• Combined with 3 people	1 Hour	NPR:2,000 per person
Chakra Meditation	1 Hour	NPR. 2,000
Walking Meditation	1 Hour	NPR. 2,000
Trataka and breathing Meditation	1 Hour	NPR:2,000
• Combined with 2 people	1 Hour	NPR. 1,800
• Combined with 3 people	1 Hour	NPR. 1,500
Three - day yoga program	-	NPR. 6,000
One week yoga program	-	NPR. 11,000
15 days yoga program	-	NPR: 18,000
One month yoga program	-	NPR. 26,000