

EDEN ROC

CAP CANA



EDEN ROC

WELLNESS & SPA



RELAIS &  
CHATEAUX

**E**den Roc Wellness is dedicated to subtly transformative moments — to stillness, the release of tension, the childlike liberation of unfettered movement. A moment to catch your breath; another to expel it. To defiantly dispel fatigue, or wholeheartedly embrace it. To revel in the freedom of a quiet mind. All at your own pace, in your way and a time that suits your purpose. Free from rigidity and expectations.

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## SOUL SPA SERVICES

### REIKI (45MIN)

Enjoy a relaxing yet effective healing session to balance and harmonize your body's energy.

**USD 130 P/P**



### THETA HEALING (60MIN)

Theta Healing is a gentle intuitive mind-body-spirit healing technique, which will help you become aware of and release the beliefs and the energetic patterns that block you from experiencing harmony and success.

**USD 185.00 P/P**



### HEALING YOUR INNER CHILD (75MIN)

This is like spring cleaning for the soul. This process will help you gain awareness and resolution of deep-seated and even life-long issues. You will leave each session feeling empowered and more connected to the most important person in your life: your true self. Please note: This is a deep process that requires multiple sessions.

**USD 210 P/P**



### PAST LIFE REGRESSION(2 HRS.)

Maybe you wondered about certain unexplained patterns in your life or your connection to certain people. Or maybe you are simply curious... You are invited to experience a deep and meaningful glimpse to your own past existence in another time and another place and gain a deeper insight into your personal journey.

**USD 570 P/P**



### GROUP MEDITATION (45 MIN)

Enjoy an hour of guided meditation focused on healing body and mind.

**USD 20.00 P/P**



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## FITNESS & YOGA SERVICES

### THE ART OF BREATHING

FOR STRESS RELIEF (3 CLASSES / 1 PAX)

Acquire techniques to consciously work with the breath to facilitate stress management in three private lessons.

**USD 288.00**



### MOVEMENT FOR A HEALTHIER BACK

(3 CLASSES 1 PAX)

Practice simple yet effective tools to relief back pain and improve posture in four private lessons.

**USD 384.00**



### MEDITATION FOUNDATIONS

(4 CLASSES / 1PAX)

Learn where to start your meditation practice in an accessible, step-by-step course to help you get acquainted with meditation.

**USD 384.00**



### FIGHTING ANXIETY WITH YOGA

(4 CLASSES / 1 PAX)

Four lessons to learn complementary resources that help manage some of the symptoms of anxiety and enhance general well-being.

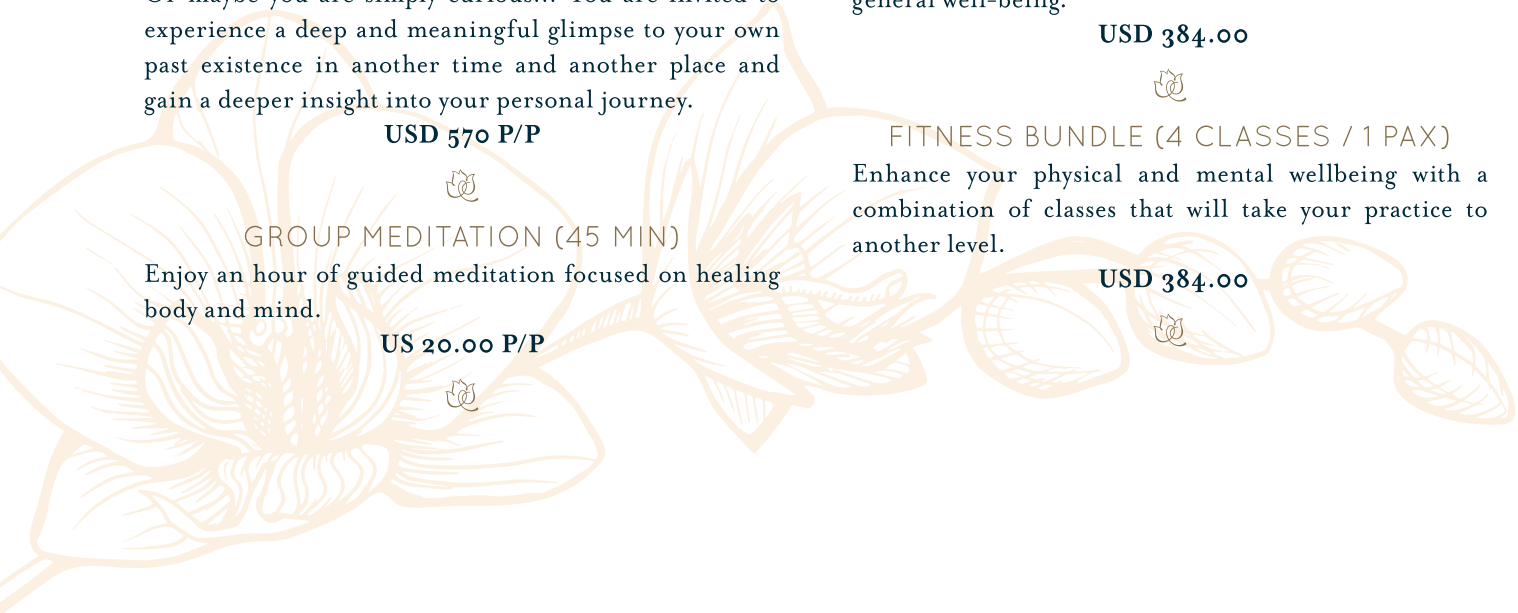
**USD 384.00**



### FITNESS BUNDLE (4 CLASSES / 1 PAX)

Enhance your physical and mental wellbeing with a combination of classes that will take your practice to another level.

**USD 384.00**





## WELLNESS ACTIVITIES

### YOGA 45 MIN

Yoga incorporates together physical poses, breathing techniques, relaxation and meditation to find balance between body and mind.

(1 CLASS / 1 PERSON)

**USD 90.00**



(2-3 CLASSES / 1 PERSON)

**USD 80.00 EACH CLASS**



(UP 4 CLASSES / 1 PERSON)

**USD 60.00 EACH CLASS**



### PILATES 45 MIN

Exercise for deep muscle development, improved posture, muscle balancing and joint flexibility, for maintenance, improvement or restoration of physical functions.

(1 CLASS / 1 PERSON)

**USD 90.00**



(2-3 CLASSES / 1 PERSON)

**USD 80.00 EACH CLASS**



(UP 4 CLASSES / 1 PERSON)

**USD 60.00 EACH CLASS**



### AEROYOGA 45 MIN

Creative and fun workout method that combines yoga, pilates, aerial dance and circus techniques, adapted to your age and physical condition.

(1 CLASS / 1 PERSON)

**USD 95.00**



(2-3 CLASSES / 1 PERSON)

**USD 85.00 EACH CLASS**



(UP 4 CLASSES / 1 PERSON)

**USD 65.00 EACH CLASS**



### CARDIO FUN 45 MIN (1 CLASS / 1 PERSON)

Cardio Fun is a Mix of Jump and dance movements to help you to burn fat in a fun way.

**USD 30.00**



### BIKE TOUR (1H APPROX.)

Experience the diversity of Cap Cana's topography on this unique bike.

**USD 30.00 P/P**

\*For Reservation dial ext 620 from your suite.  
Please book your classes at least 24 hours in advance.

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\*Cancellation Policy: free of charge until 10 days before,  
50% until 3 days before, no refund afterwards.



For Reservations please contact: +1 849 455 0123  
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