

# Mindfulness Program Yoga and Breathing

Mindfulness is rooted in the conscious awareness approach, and the program content focuses on physical, mental, and emotional well-being while also assisting you in viewing life from different perspectives. The primary focus of Vitalica Wellness in this program encompasses techniques for “living in the moment”. The Program brings together yoga, meditation, breathing exercises, an enhanced nutrition plan, therapies, educational sessions, and activities to enhance your quality of life, attend to your physical health, and optimize bodily functioning.



# Program Benefits

## **Stress Management and Emotional Control**

Mindfulness reduces stress hormones and calms the mind. Yoga, meditation, breathwork, education, and activities help you avoid negative emotional cycles and enhance your emotional control.

## **Mental Peace**

Mindfulness, yoga, and breath practices help you achieve mental peace and inner serenity. It encourages staying in the "moment" while reducing uncontrolled mental tension.

## **Physical Fitness**

Yoga practices with mindfulness enhance physical performance, body durability, and flexibility. They also support bone health and reduce the risk of injuries.

## **Nutrition and Mindful Eating**

Healthy and conscious eating is a significant part of the program. It boosts your energy levels and ensures weight control by providing your body with the necessary nutrients. Additionally, it addresses mental and physical issues related to eating disorders.

## **Strengthened Immune System**

Mindfulness, yoga, and breath practices help regulate the immune system and maintain a healthy mind against factors affecting the immune system, such as sadness, stress, anxiety, and depression. Yoga practices, therapies, and an improved diet strengthen the immune system.

## **Awareness and Self-Compassion**

Mindfulness practices assist individuals in understanding themselves and finding inner balance. They positively affect the process of self-love and self-compassion.

## **Sleep Routine**

Sleep is critical for physical and mental health. Therapies, breathwork, meditation, and yoga practices with mindfulness help manage issues like insomnia and migraines.

## **Herbal Recommendations**

Herbal supplements recommended by our expert doctors support and balance the body.

★ You can explore our **BIOHACKING PROGRAM** as a complementary program and consult with our experts.

# Who is the Mindfulness Program suitable for?

Vitalica Wellness has specially designed this program for anyone who wants to have a healthier mind, body, and spirit through mindful awareness practices. Additionally, it includes an enhanced detox program with a focus on conscious weight management. It's an ideal choice for those looking to combat stress, anxiety disorders, energy deficiencies, and chronic health issues. It's a specialized program aimed at helping individuals discover their best selves.



## Consultation with our doctors at the beginning and throughout the program

We offer sustainable solutions to help you get to know yourself better and achieve physical, mental, and emotional balance to maintain and improve your health.



## Body Measurements

- Full body analysis
- Blood pressure measurement
- Blood sugar measurement
- Oxygen saturation with oximeter
- Pulse measurement



## Vitalica Wellness Talk



## Post-detox nutrition and healthy living prescriptions





## Detox Special Meals

- Breakfast
- Lunch
- Dinner



## Mindfulness Detox Beverages



Unlimited detox soup, herbal tea, pH 10 water

## Vitalica Wellness Mindfulness Detox Natural Supplements



## Detox Kit



## Healthy Eating Group Classes in the Chef's Studio



## Wellness Movie Night



## Group Activities

Breathing exercises, Morning walks, Fitness, Yoga



## Mindful Therapy

In this therapy, we will practice mindful breathing techniques. Mindful breathing aims to fully engage in the rhythmic flow of breath, distancing oneself from thoughts, and creating a sense of relaxation. After the mindful breathing session, we move on to a 30-minute mindfulness meditation. During this guided meditation, we explain the 8 core principles of mindfulness to provide a comprehensive understanding of mindfulness and its potential benefits. We elucidate how mindfulness can positively impact various aspects of life.





## Pranayama Breathing

Pranayama refers to the breathwork techniques that are an integral part of yoga practice. "Prana" is a Sanskrit term that can be thought of as life energy or breath, and "Yama" is used to mean control or expansion. Pranayama includes various breath techniques aimed at controlling this life energy for individuals. It brings about significant physical and mental transformations for participants.



## Tibetan Sacred Singing Bowl Session

This practice uses specially designed metal bowls of different sizes and tones. Various-sized mallets and strikers are used to play these bowls. The vibrations emitted by these singing bowls contribute significantly to physical and mental health. It benefits individuals by reducing stress, balancing energy, enhancing mental concentration, and addressing physical and energetic blockages.





## Chakra Balancing Session

The term "Chakra" is a Sanskrit word that refers to energy centers located in seven different areas of the body. These energy centers are associated with specific organs, emotional states, and mental functions. The chakra balancing session ensures the harmonious and balanced operation of these energy centers.



## Yoga Nidra

Yoga nidra, a Sanskrit term, can be described as "yogic sleep" or "conscious sleep." It is a state of deep relaxation leading to meditation. Yoga nidra aims to achieve a balance between body and mind, reduce stress, enhance mental relaxation, and deepen inner awareness.



## Yin Yoga

Yin yoga is a yoga practice that focuses on relaxation of the body and mind, stretching the fascia tissue, and achieving inner balance. Poses are typically performed by lying down or sitting. Instead of strengthening muscles, yin yoga focuses on stretching the fascia tissue and working on the joints. This practice promotes mental relaxation and regulates energy flow in the body.



## Trataka Meditation Session

"Trataka" is a Sanskrit word that means "gazing" or "steady gazing." Trataka meditation is a practice aimed at alleviating mental imbalance. During this meditation, the practitioner focuses on the flame of a candle, guided by an instructor, and tries to concentrate attention and focus on this flame completely. This yogic meditation helps achieve mental calmness by using the sense of sight. Trataka meditation can also be called "yogic gaze."



## Shirodhara Massage

Shirodhara is a unique form of Ayurvedic head massage performed with herbal oils. A special herbal oil is gently and steadily poured onto the forehead in a rhythmic swaying motion, resulting in deep relaxation and a sense of inner peace. It works on the cerebral system and aids in relaxation of the nervous system. It enhances the function of the five senses and helps with issues such as insomnia, stress, anxiety, depression, hair loss, fatigue, and balancing Vata (the body's wind element) imbalance.



## Udvardhana Massage

In the Udvardhana massage, pressure is applied while massaging using herbal powder and sesame oil, similar to a deep detox massage. Since sesame oil has antibacterial properties, it also serves as a pain reliever. It aids in the elimination of toxins from the body, helps open pores, plays a significant role in weight loss, and provides a peeling effect, promoting the removal of dead skin and skin rejuvenation.





## Abhayanga Massage

Abhayanga is a full-body massage with herbal oils tailored to your body type to detoxify, nourish, and revitalize body tissues. Abhayanga has a deeper and more comprehensive effect compared to regular massages. It naturally aligns the mind, body, and soul, reaching the deepest healing effects. It is also one of Ayurveda's most rejuvenating treatments.



## Ginger Compress

The compress treatment that increases lung functions and regulates the respiratory system by applying pressure with herbal powder and sesame oil, as in a deep detox massage.



## Muse Brain Session

By measuring brain waves electrically through the "electroencephalogram (EEG)" method, it predicts what kind of psychology the person has at that moment. Thus, it creates a virtual meditation environment suitable for the individual, allowing the mind to relax. It offers more than 500 meditations for sleep, performance, and stress management.



## Heartmath

By increasing internal balance and self-confidence, it helps reduce the formation of stress and anxiety. With the development of physical tranquility, issues like anxiety, fatigue, and depression are alleviated. Thus, it supports the improvement of mental activities, the ability to focus, and the quality of sleep.



## Infrared Sauna

When near-infrared light is applied to the skin, fibroblast cells absorb light activity, leading to increased collagen and elastin production. It has been proven to raise body temperature by three degrees, making infrared heating technology provide a high level of detoxification experience. Beneficial sweating occurs through pores during the process of eliminating toxins. This sweating promotes skin rejuvenation, cell health, and tissue growth.



## Ionic Foot Detox

It facilitates the elimination of toxins, primarily accumulated in the feet due to the effects of gravity. The color of the water in the application container indicates the origin of toxins in the body, allowing the creation of a therapy plan accordingly.





## Salt Room (Halotherapy)

Recommended for improving respiration, salt room therapy is created based on the principle of inhaling air containing microscopic salt particles. It is used to treat respiratory tract disorders such as asthma, bronchitis, dry cough, lung diseases, chronic obstructive pulmonary disease (COPD), lung infections, throat infections, skin disorders, pharyngitis, and respiratory tract disorders caused by smoking.



## Steam Room

Steam rooms are recommended for daily use as they help eliminate toxins trapped under the skin, improve circulation, and regulate the cardiovascular system. The moisture and heat in the steam room expand capillaries, allowing blood to flow more freely. This leads to more efficient oxygen delivery to tissues. The release of the stress hormone cortisol is reduced with this application. In addition, the heat in the steam room opens sinus passages, allowing for easier and deeper breathing.



## Pyramid Meditation Session

Vitalica Wellness Pyramid eliminates negative energy around the person. It activates and accumulates positive energy. Scientifically proven, both physically and mentally, cosmic energy is used extensively in this geography. Endocrine glands in the body are activated through the effect of the electric fields of the pyramids on our bodies. This activation balances the primary energy field around the endocrine glands. At the same time, pyramid energy helps regulate organic matter in the body by destroying harmful microorganisms.



# Mindfulness Program

## Yoga and Breathing

### Program Schedule

This program includes four distinct categories:

- 3 Day Mindfulness Program Yoga and Breathing
- 5 Day Mindfulness Program Yoga and Breathing
- 7 Day Mindfulness Program Yoga and Breathing
- 10 Day Mindfulness Program Yoga and Breathing

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## 3 Day Mindfulness Program Yoga and Breathing

- Mindfulness and Wellness Consultation
- 1 Mindful Therapy Session - (50 minutes)
- 1 Pranayama Breathing Session - (30 minutes)
- 1 Singing Bowls Session - (50 minutes)
- 1 Personalized Yoga Session - (50 minutes)
- 1 Ayurveda Shirodhara Session - (50 minutes)
- 1 Abhayanga Massage Session - (50 minutes)
- 1 Pyramid Meditation Session - (20 minutes)
- Salt Room - (30 minutes)
- Steam Room - (30 minutes)
- Infrared Sauna
- Daily group activities tailored by Vitalica Wellness



## 5 Day Mindfulness Program Yoga and Breathing

- Mindfulness and Wellness Consultation
- 1 Mindful Therapy Session - (50 minutes)
- 1 Pranayama Breathing Session - (30 minutes)
- 1 Singing Bowls Therapy - (50 minutes)
- 1 Personalized Yoga Session - (50 minutes)
- 1 Chakra Balancing Session - (50 minutes)
- 1 Yoga Nidra Session - (50 minutes)
- 1 Ayurveda Shirodhara Session - (50 minutes)
- 1 Abhayanga Massage Session - (50 minutes)
- 1 Ginger Compress Session - (30 minutes)
- 1 Pyramid Meditation Session - (20 minutes)
- 1 Muse Brain Meditation - (20 minutes)
- 1 Heartmath Device Session - (20 minutes)
- Salt Room - (30 minutes)
- Steam Room - (30 minutes)
- Infrared Sauna
- Daily group activities tailored by Vitalica Wellness



## 7 Day Mindfulness Program Yoga and Breathing

- Mindfulness and Wellness Consultation
- 2 Mindful Therapy Sessions - (50 minutes each)
- 1 Pranayama Breathing Session - (30 minutes)
- 2 Singing Bowls Sessions - (50 minutes each)
- 2 Personalized Yoga Sessions - (50 minutes each)
- 1 Chakra Balancing Session - (50 minutes)
- 1 Yoga Nidra Session - (50 minutes)
- 1 Trataka Concentration Meditation Session - (50 minutes)
- 1 Ayurveda Shirodhara Session - (50 minutes)
- 2 Abhayanga Massage Sessions - (50 minutes each)
- 1 Ginger Compress Session - (30 minutes)
- 1 Pyramid Meditation Session - (20 minutes)
- 1 Muse Brain Meditation - (20 minutes)
- 1 Heartmath Device Session - (20 minutes)
- Salt Room - (30 minutes)
- Steam Room - (30 minutes)
- Infrared Sauna
- Daily group activities tailored by Vitalica Wellness





## 10 Day Mindfulness Program Yoga and Breathing

- Mindfulness and Wellness Consultation
- 2 Mindful Therapy Sessions - (50 minutes each)
- 2 Pranayama Breathing Sessions - (30 minutes each)
- 2 Singing Bowls Sessions - (50 minutes each)
- 2 Personalized Yoga Sessions - (50 minutes each)
- 1 Chakra Balancing Session - (50 minutes)
- 2 Yoga Nidra Sessions - (50 minutes each)
- 1 Trataka Concentration Meditation Session - (50 minutes)
- 2 Ayurveda Shirodhara Sessions - (50 minutes each)
- 2 Abhayanga Massage Sessions - (50 minutes each)
- 1 Ayurveda Udvartana Massage Session - (50 minutes)
- 1 Ginger Compress Session - (30 minutes)
- 1 Ionic Foot Detox Session - (30 minutes)
- 2 Pyramid Meditation Sessions - (20 minutes each)
- 1 Muse Brain Meditation - (20 minutes)
- 1 Heartmath Device Session - (20 minutes)
- Salt Room - (30 minutes)
- Steam Room - (30 minutes)
- Infrared Sauna
- Daily group activities tailored by Vitalica Wellness