

# CĀSĀ PRĀNĀ

*RELAX WITH US*





## COME RELAX WITH US

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To talk about wellness is to talk about relaxation.

At Casa Prana you can simply relax in the herbal steam sauna, work-out in our gym with views over the lake and the volcanos, dive deeper into wellness with traditional massages or become more alive with our individual Yoga classes.

## OUR WELLNESS FACILITIES

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Cutting-edge indoor Gym featuring modern equipment from among Life Fitness

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An outdoor Gym offering equipment for kinesthetic workout

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100 sq.m Yoga and meditation space

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Herbal wet sauna (steam room)

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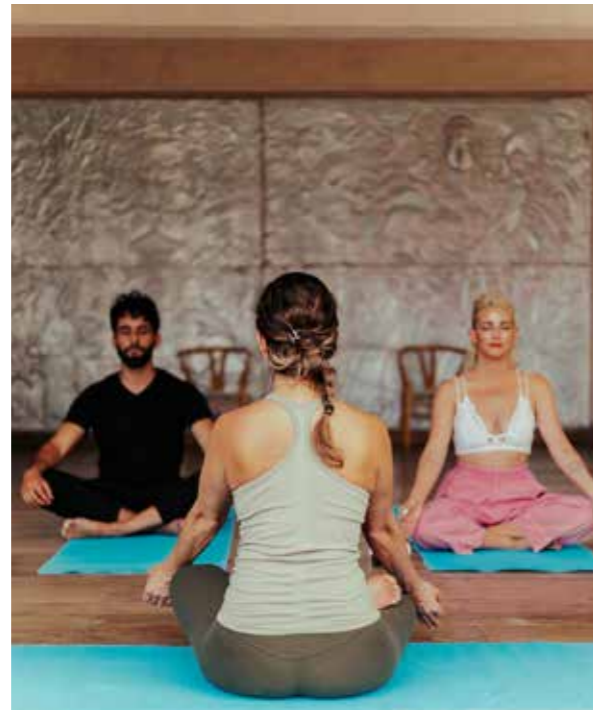
Relaxation area

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Treatment room

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Casa Prana Wellness Green Corner offering healthy food, snack, teas and juices



## MASSAGES

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A relaxed body will lead us to a relaxed mind and when the mind is still there is space to enjoy ourselves in a new level. Casa Prana offers three ways to lead the mind to this state of peace – and you can book them even before your arrival!

### **Relaxing full body massage**

This is a light pressure massage to soothe, relax and calm the busy mind.

### **Invigorating/energizing full body massage**

After any kind of stress, such as a long flight, tension can accumulate in the head, neck and shoulders. This treatment focuses on areas using classic massage and pressure point technique, promoting relaxation and well-being.

### **Sports/deep tissue massage**

This massage is beneficial in releasing chronic muscle tension, elongating muscles and increasing range of motion. The focus is on the deepest layers of muscle tissue, tendons and fascia to decrease pain and eliminate muscle tension.

### **DURATION**

You can choose between 30/60/90 minutes

### **PRICES**

Contact us to get the latest prices





## WELLNESS PACKAGES

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### **Morning Prana (½ DAY EXPERIENCE - early morning) \*\***

This morning-long program enables you to start your day or trip, fully present and prepared for the rest of your plans and journey. Also, you will be part of your own well-being by selecting among an array of healing plants to craft a customized plant bath, scrub and teas that will complete your wellness.

### **Morning tea of your choice & 30-minutes wellness orientation**

A service designed to help you discover what you really need in terms of wellness and help you customize your own experience.

### **1 hr of yoga & guided meditation**

Select from our wellness menu your preferred type of yoga.

### **Smoothie -or- Juice & Fruit**

Enjoy one of our smoothies or juices and fruit from our Green Corner Menu (select one).

### **45-minutes Plant Bath & scrub preparation**

A chance to be in touch with nature and your intuition, by selecting the best plants to customize your own energetic cleanse and healing experience with the help of our wellness designer. You will learn about the healing properties of each local plan.

### **60-minutes massage**

select your preferred type of massage from our wellness menu.

### **Plant bath, scrub & sauna**

Our wellness designer will guide you outside of the sauna in how to apply the plant bath and scrub. You will end up recharged and very relaxed after enjoying as much time as you need inside this self-pampering experience. Enjoy a cup of herbal tea or fruit infused water after the session.

## WELLNESS PACKAGES

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### **Prana Day Retreat \*\***

A day-long activity designed to support your need for wellness along with your stay with us. The purpose of this program is to help you feel rested, relaxed, fully connected and in tune with the healing vibration of Lake Atitlan.

### **Morning Tea of your choice & 30-minute wellness orientation**

A service designed to help you discover what you really need in terms of wellness and help you customize your own wellness experience.

### **1.5 hr of yoga & guided meditation**

Select from our wellness menu your preferred type of yoga.  
OR -

### **1.5 hr Breathwork & SUP (when weather allows)**

A breathwork, meditation and gentle yoga session on a paddle board, that will challenge our balance while we surrender by the healing waters of Lake Atitlan.

### **Brunch**

Select one dish and a beverage from our Green Corner Menu.

### **45-minutes Plant bath & scrub mini class**

A chance to be in touch with nature and your intuition and learning, by selecting the best plants to customize your own energetic cleanse and healing experience with the help of our wellness designer. You will learn about the healing properties of each local plan.

### **60-minutes massage**

Select your preferred type of massage from our wellness menu.

### **Plant Bath, Scrub & Sauna**

Our wellness designer will guide you outside of the sauna in how to apply the plant bath and scrub. You will end up recharged & very relaxed after enjoying as much time as you need inside this self-pampering experience. Enjoy herbal tea or fruit infused water.

Refreshments: Fruit Juice & dry fruits

### **1.5 hr Sound bath**

journey into a deep meditative state while assisted through one of the most ancient arts of healing: sound. Allowing a complete healing of the heart, body and mind through the shifting frequencies of sound medicine.

## YOGA & RELAXATION

To enhance your experience at Casa Prana we offer yoga classes as a way to become more present and to enjoy your stay on a deeper level. The yoga classes at Casa Prana are tailored to individual needs; level of experience, age, health conditions and are can be offered one-to-one, partner yoga or as a group class (3+).

"Yoga has the possibility to restore health, strength and wellbeing"

### **Relax / Restore class - (60 or 90 minutes) \***

Guided through breath, this class is a timeless gift to yourself that will relax your body and calm your mind through slow movements and gentle stretching. Restorative poses can be incorporated to customize specific needs. A longer relaxation at the end of your practice.

### **Strength / energize class – (60 or 90 minutes) \***

A strengthening yoga class focused on the synchronization of movement and breath, leaving an experience of a deep and blissful final relaxation.

### **Hatha Yoga – (60 or 90 minutes) \***

A more traditional approach to yoga, this class allows more focus in yoga poses through basic transitions.

### **Pranayama, Breathwork & Guided Meditation – (Up to 40 minutes) \***

Several breathwork techniques including yoga nidra / deep yoga relaxation is offered in sessions as short as 10' to 40' minutes to students who are interested in just practicing mindfulness techniques and/or deep relaxation through breath.





## YOGA & RELAXATION

### **Be with us regular Yoga class - (60 minutes)**

Suits all levels of fitness and requires no previous experience.  
Tailored to the level of the participant. From beginners to experienced practitioners.

### **Be with us regular Yoga Relaxation class - (30 minutes)**

A short warm-up with some gentle movements to get you ready for a deep relaxation.  
Suits all levels of fitness. Requires no previous experience.

#### **\*\*WELLNESS PACKAGE SPECIAL TERMS:**

- Available for bookings for staying guests as well as non-resident guest
- All activities are held by our expert wellness Instructor Suhan Badalamenti (except massages & sound healing)
- See instructor bio in the following page
- Classes must be booked 48 hours in advance
- Available for booking on Thursdays, Fridays and Saturdays only
- Cancellation minimum 15 hours prior to class or 50% of the service will be charged

#### **\* YOGA & RELAXATION SPECIAL TERMS:**

- Most classes are held by our expert yoga instructors
- See instructor bios on the following pages
- Classes must be booked 48 hours in advance
- Cancellation minimum 15 hours prior to class or 50% of the service will be charged
- Subject to availability of our instructors and may vary from week to week



## ABOUT SUHAN BADALAMENTI

Suhan loves the sky and her connection with plants. She feels a deep devotion for her Yoga practice, as she continues to work in her growth as a Yoga student while integrating her passion for plants as a holistic way of living and healing. Following her call, she guides intentional flows aiming to empower souls through introspective asana and meditation. In her classes, she teaches what she believes: The power of self-transformation through connection to our own Truth while synchronizing our hearts and minds through breath, and the practice of mindfulness to achieve awareness in the Now.

Instagram @suhan\_flows

### **CERTIFICATION AND COURSES**

- Mayan Herbalism with Tata Walter Quiacain - Mayan Xaman (Lake Atitlan, February 2021)
- Witch Academy: Metaphysics, Tarot and Spiritual Herbalism with Marcus Veysey - Las Piramides & The Seeds (Lake Atitlan, February 2020)
- 300 HR ADVANCED YOGA INSTRUCTOR, certified with The Kula Collective (Lake Atitlan, November 2018)
- 200 HR POWER VINYASA YOGA INSTRUCTOR, certified with Paul Toliuszis E-RYT, Green Monkey (Miami, September thru November of 2014)
  - BARRE by Tracy Malett (Yoga, Pilates y -Ballet - Juno Beach, Feb 2013)

### **TEACHER EXPERIENCE**

The Yoga Forrest Lake Atitlan (August 2018 - present)

OM YOGA GUATEMALA (January 2015 – December 2017) [www.omyogaguatemala.com](http://www.omyogaguatemala.com)

ASHA SHALA (January – December 2016) [www.facebook.com/AshaShala](http://www.facebook.com/AshaShala)

### **PRIVATE TEACHING**

8 Private clients, including the Ambassador of Canada in Guatemala.  
(January 2016 – December 2017)



## ABOUT CINDY BARASCOUT

A Guatemalan yogi and writer, started her Yoga journey in 2011. She seeks to explore the creative process of the individual through the body, mind and soul, with the intention for the individual to align with their maximum potential.

Instagram @cindybarascout

### **CERTIFICATION AND CREDENTIALS**

- 200YTT Vinyasa in Costa Rica 2014
  - 100YTT Rocket in Indonesia
- 2016 and yoga with gurus in India 2016.

## ABOUT ANDREA CASTILLO

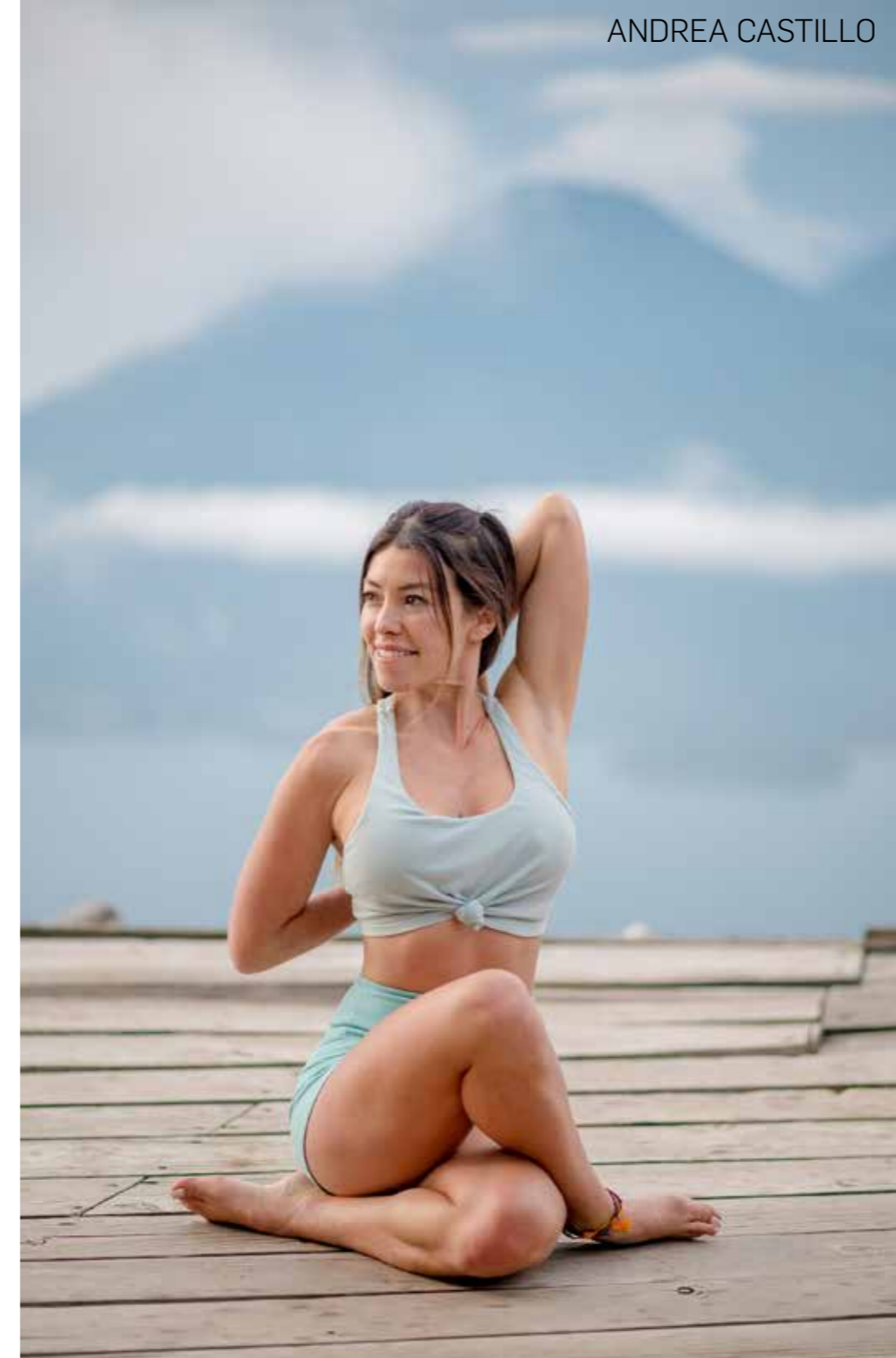
For me yoga has been the perfect guidance to connect my body, breath and awareness. This is the main reason I love to spread the yoga practice. I have been on this path for the last 10 years. Personally the style that I practice is vinyasa yoga and I have experience with prenatal and post-natal yoga. Also with sup yoga and pilates on a paddleboard

Instagram @anvicah

### **CERTIFICATION AND CREDENTIALS**

- 200 hours Yoga Teacher Training in 2020, with Kula Collective,
- 50 hours Prenatal And Postnatal yoga with yoga sin Fronteras, Barcelona, Spain
  - Pilates Sup beach training (paddleboard), Barcelona Spain

ANDREA CASTILLO



CINDY BARASCOUT



CINDY BARASCOUT



## GREEN CORNER

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The Green Corner is a calm place and a peaceful spot for guests to enjoy a healthy bite and refreshing drinks while observing the peacefulness of the environment.

After a treatment, workout or Yoga class, guests are welcome to pre-book a seating in our healthy Wellness Green Corner where we offer healthy soups, salads, snacks, herbal teas, fresh juices and smoothies.

Most ingredients come from our own garden.

The Green Corner is primarily reserved for guests using the wellness facilities and must be reserved in advance.



## WELLNESS TERMS & REMINDERS

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**Appointments:** We strongly recommend that you book your treatment/class in advance to ensure that your time and service are available. Yoga classes & packages must be booked 48 hours in advance to guarantee availability.

**Special appointments:** Any appointment outside the wellness opening hours can be arranged and will incur an extra charge of 50% (for wellness packages a fixed extra charge of 100 USD\$ will be added unless otherwise stated). We strongly recommend that you book your treatment in advance to ensure that your time and service are available.

**Cancellation Policy:** We understand that schedules change and will do our best to meet your needs. Since your spa time is reserved specifically for you, we kindly ask you to give a cancellation notice of at least 15 hours in advance. Cancellations made within 6 hours (as well as no-shows) will be subject to the full charge of the booked treatment.

**Special Considerations:** Most treatments can be adapted to allergies, pregnancy or injury. Please contact us for any questions and let us know of any medical or health concerns.

**Treatment Preparations:** We recommend that you arrive at least 15 minutes before the scheduled treatment, which will give you time to prepare for your treatment. It is best to avoid eating a heavy meal.

## WELLNESS TERMS & REMINDERS

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**Spa Environment:** Please refrain from smoking and turn off your mobile phone or opt for a quiet setting when you are in or around the wellness. We do not allow nudity in any areas and require all guests to wear their own underwear during any treatment. The minimum age for taking wellness treatments and using fitness facilities is 16 years old. Guests under 18 must have a parental agreement before accepting the reservation.

**Valuables:** We advise you not to bring or carry valuables when using our wellness facilities. Although we strive to take care of your property, we assume no responsibility for any loss or damage to personal items. The wellness will not be responsible for any accident or injury suffered by a guest.

**Wet sauna:** Do not forget to drink enough water when using the steam sauna and pay attention to certain health precautions. Out of respect for all our guests, we ask you to keep your modesty covered with a towel in the steam room and use your bathrobe in the other areas of the wellness areas. Age restrictions for the Steam Room apply. Individual must be at least 14 years of age.

**Taxes & charges:** All wellness treatments and yoga classes are subject to a 10% service charge, which goes directly to our team. All prices include 12% VAT.

## OPENING HOURS

Treatments	08.00 AM to 06.00 PM daily
Yoga	08.00 AM to 06.00 PM daily*
Fitness and Gym	08.00 AM to 06.00 PM daily
Wet Sauna	05.00 PM to 07.00 PM daily**
Green Corner	07.00 AM to 05.00 PM daily***

We highly recommend that you book your treatment in advance to ensure that your preferred time and service is available.

To get the most out of your wellness experience we welcome you to arrive 15 minutes before your treatments time.

\* For classes with instructor special hours applies

\*\* To use the Wet sauna you need to book your time in advance. Guests can order from the Green Corner after using the wet sauna

\*\*\* Reservations only

## BE IN TOUCH WITH US

CASA PRANA – LUXURY RESORT HOTEL  
Santa Cruz La Laguna, Lake Atitlán – Guatemala

Telephone and reservations: (502) 5361 0270

Guest Services: (502) 4974 3936

Web: [www.casaprana.com](http://www.casaprana.com)

Webchat: [www.casaprana.com/chat](http://www.casaprana.com/chat)

Travel Agents: <https://bit.ly/casaprana-agents>

Facebook: <https://www.facebook.com/casapranavilla>

Instagram: [@casapranaatitlan](https://www.instagram.com/casapranaatitlan)

