

*Yoga & Ayurveda  
with Parveen Nair  
& Achyuta Veda*



VILA VITA SPA  
**sisley**  
PARIS





# *Private Yoga Classes with Parveen Nair*

30 & 31 May & 1 June 2023

By appointment only

Vila Vita Spa by Sisley Paris

This yoga class is based on the "Iyengar Yoga" methodology, a progressive approach towards developing body awareness. Learn how to use props, such as a chair, not only as a support to standing and balancing asana, but also to bring awareness to parts of the body that one may not be able to reach, caused by the preoccupation with the superficial appearance of the pose.

The classes will also focus on reviving the overall health of the hips and shoulders.

Duration: 60 min

**95€ per person**



# *Ayurvedic Treatments with Achyuta Veda*

15 May to 30 June 2023

By appointment only

Vila Vita Spa by Sisley Paris

Ayurveda is a combination of science and philosophy which supports physical, mental, emotional and spiritual health. The word comes from the Sanskrit Ayur - meaning "life" and Veda - meaning "knowledge" or "truth"-, which transliterates to mean "Knowledge of Life / Science of Longevity". This system emerged more than five thousand years ago in India based on the holy scriptures, the Vedas.

Ayurveda is the development and maintenance of a healthy life by observing the actions of nature and the universe, its evolution and creation; seeking the root of the imbalance to treat each individual in essence, and utilising preventive therapies and various methods of detoxification involving medicinal herbs, massage with medicated oils and herbal powders, steam application and numerous other procedures.

## Ayurvedic Therapy Consultation

Duration: 80 min

**110€ per person**

An Ayurvedic therapy consultation uses a set of measurement tools to assess the physical and mental biotype of the individual. Through a series of questions and an analysis of the pulse, eyes, nails, tongue and observations of other organic imbalances, a diagnosis is made. After diagnosis a recommended individualized treatment plan will be given, taking into account the dysfunctions (disease states) of the body and the prevention of possible malfunctions this leads to a diet plan according to the specific Ayurvedic type and prescriptions of Ayurvedic medicinal herbs. A consultation also includes guidance on the types of food and flavours which are more favorable to the person; the seasons and colors that help maintain a psycho-social and spiritual balance of the individual; the type of exercise best for their mental and physical characteristics; meditation, essential oils, crystals, etc. that will be best suited to create health and balance within that individual.

## Ayurvedic Classic Massage - full body

Duration: 60 / 90 / 120 min

**125€ · 170€ · 195€ per person**

Ayurveda Classical massage is a massage therapy performed with specific rhythmic movements about the body in order to nourish the skin, detoxify the body, relax the muscles, lubricate the joints, calm the nervous system and revitalize the tissues. It can assist in prevention against rheumatism, minimize stress, melancholy and depressive states such as anxiety and insomnia and correct body posture as it revitalizes, tones and relaxes the muscle tissues.

## Marma Therapy & Pranic Healing

Duration: 90 min

**170€ per person**

Marma Therapy is a massage of the energy points throughout the body, through which Prana (vital energy) must flow. When all 107 marma points are stimulated with pressure, we are affecting the Chakras, contributing to the vital energies ability to flow freely through the body without blockages: thus maintaining the health of individual. Energy blockages can result from various factors such as: physical Injuries, poor posture, past trauma, poor diet, accumulated stress, or any disease likely to interfere with the flow of prana through the body. Special indications for this massage: constipation, diarrhea, loss of appetite, neurological disorders (epilepsy, Parkinson's, muscular dystrophy), emotional problems and traumas (melancholy, sadness, loneliness, depression, existential emptiness, anger, stress, frustration, insomnia, migraines), toxicity in the body.

## Shiro Abhyanga Ayurvedic Head Massage

Duration: 45 min

**90€ per person**

A powerful calming and relaxing massage of the head, neck, shoulder and upper back. Conducted in a sitting posture using Ayurvedic medicated oil. Traditionally known as "Shiroabhyanga", this treatment is ideal for anyone who carries stress over their shoulders and neck. It helps to improve the quality of sleep, it deeply nourishes the hair roots and is helpful in managing recurrent headaches.

## Pinda Swedana

Duration: 75 min

**150€ per person**

Pindas, or linen bags filled with medicinal herbs heated in oil are tapped over the entire body. The herbs contained therein, medicinal powder, rock salt, rice, coconut and other ingredients with therapeutic properties, are warmed in medicated oil previous to being put in the bags. These pindas are then used to caress and massage the body with a special technique, creating the therapeutic effect of balancing the internal energy and giving the recipient a great sense of well-being. In addition to being extremely pleasant, this therapy is effectively used to ease muscle fatigue, joint pain, arthritis, some skin problems, hypertension, migraines, anxiety states, combat cellulite and stimulate blood and lymph circulation. It is one of ayurvedic's rejuvenating therapies.

## Pada Abhyanga Indian Reflexology

Duration: 45 min

**90€ per person**

A massage that aims to treat the whole body through applied pressure on specific points of the feet. The therapeutic objective is to stimulate the organs, relieve stress, activate circulation, distribute nutrients and remove toxins, thus improving the operation of body systems and putting the whole organism into balance. It has no contraindications.

## Abhyanga

Duration: 60 / 90 min

**125€ · 170€ per person**

A traditional full body massage using sesame oil and smooth synchronized movements. Abhyanga improves the physical constitution and helps to liquefy toxins, assisting in their elimination. This massage induces deep relaxation and can normalize your blood pressure.

## Chakra Opening Massage

Duration: 75 min

**150€ per person**

This is the oldest massage in the entirety of Ayurveda philosophy. It is of a spiritual nature and aims to cleanse and balance the chakras and cure diseases which are difficult to treat. The chakras are, according to yoga philosophy, energy centers within the human body, which distribute energy (prana) through channels (nadis) that nourishes organs and systems.

## Udwarthana

Duration: 60 / 90 min

**125€ · 170€ per person**

A deep, dry massage using herbal powders which stimulates the hair follicles and assists in the breaking down of the body's excess subcutaneous fat. For this reason this massage addresses issues of obesity, cellulite, oily skin, and poor circulation in the blood and lymphatic system. This massage mobilizes toxins, cleanses the body and gives firming and tonifying results.





# *Yoga & Ayurveda Weekend Workshop*

2 to 4 June 2023

Advance Booking

Vila Vita Spa by Sisley Paris

Workshop of Embodied Movement Yoga with Shri Parveen Nair and participation of Ayurveda expert Achyuta Veda.

Life is in constant change between movement and stillness. Both are part of life. And sometimes we need a little break and an extra help that allows us to reconnect with ourselves and hopefully find new healthier patterns.

Come and find a new joy and balance through fluid movement, satsang lectures and restorative practices. If you are a Yoga practitioner and/or a movement-based health enthusiast, this is the retreat for you. Take this unique opportunity to learn and practice with renowned world Yoga teacher Shri Parveen Nair, sharing his unique approach on Yoga.

Achyuta Veda will give 2 lectures and will be available for private consultations and treatments as a visitor practitioner, enhancing the holistic approach to health that allows one to reconnect with oneself and find balance in life.

The classes will be lead in English and, if needed, translated to Portuguese.

*What is included:* vegetarian or vegan breakfast and lunch; tea, coffee and healthy juices breaks.  
*Optional extras:* accommodation, dinner, Ayurvedic or spa treatment, private yoga classes.

Minimum 8, maximum 12 persons

Duration: 2 ½ days

**650€ per person**

The background of the page is a close-up, high-angle shot of water ripples. The light reflects off the surface, creating a complex pattern of bright, shimmering highlights and soft, muted shadows. The ripples are organic and fluid, filling the entire frame with a sense of movement and texture.

# *Programme*

Yoga & Ayurveda Workshop

## Friday 2 June

**16:30** Opening ceremony including a lecture (Satsang) on the Shanti Mantra – 90 minutes

**18:15** Chakra Healing lecture by Achyuta Veda, based on the 5 elements

## Saturday 3 June

**08:00** Embodied Movement Vinyasa flow practice based on the previous day's Shanti Mantra spirit – 90 minutes

**09:30** Breakfast break

**11:30** Ayurveda lecture by Achyuta Veda - 60 minutes

**12:30** Lunch break

**17:30** Restorative Yoga Asana practice leading to trauma-based breath work - 90 minutes

## Sunday 4 June

**08:00** Embodied Movement Vinyasa flow practice - 90 minutes

**09:30** Breakfast break

Free time

**12:30** Lunch break

**16:00** Restorative Yoga Asana practice leading to 5 layers' meditation (Pancha Kosha) - 90 minutes

## *About Shri Parveen Nair*

Acharya Shri Parveen Nair is a movement artist, educator, and yoga teacher from Malaysia.

He has studied and researched various styles of yoga for over 20 years, and his teachings are influenced by non-dual philosophy. He developed his own style called Embodied Movements for Yoga, which incorporates dance, bodyworks, breathworks, somatic movements, and spirituality.

He co-founded Yoga Sadhana in Malaysia, China, and Cambodia, and conducts yoga retreats and teacher training courses internationally. His teaching style emphasizes self-study and creating a rich, experiential learning environment.





## *About Achyuta Veda*

Achyuta Veda is an experienced Ayurveda therapist and trainer who has been working in this field since 2007.

He holds a BA in Anthropology of Religions from the San José Institute, and a degree in Human Resources Management from Universidade Lusíada de Lisboa. He has also received extensive training in Ayurveda from various institutions, including Suraj Ayurveda Clinic, Asho Ayurveda Clinic and Training Center, and Ayurveda Center Sibys Kerala Traditional. Additionally, he has obtained certifications in Yoga teaching and Medical Ayurvedic and Naturopathic studies from Cambridge International University.

# Vila Vita Parc

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