

# DECOMPRESSION RITUAL: 15 MINUTES OF YOGA IN YOUR SUITE

A technical sequence designed to reset the traveller's body after the journey.

🕒 15 min

🧘 Level: All levels



## Create your temporary sanctuary

- **Ventilation:** Open the windows to let the fresh Mallorcan country air circulate.
- **Surface:** The wooden floor or a folded towel will suffice.
- **Mindset:** Switch off your mobile. You are in 'Slow' mode.

# DECOMPRESSION RITUAL: 15 MINUTES OF YOGA IN YOUR SUITE

## 1. Child's Pose (Balasana)



2 min

**Instruction:**  
"Knees apart, forehead to the floor, arms relaxed. Feel your back expand with each inhalation."

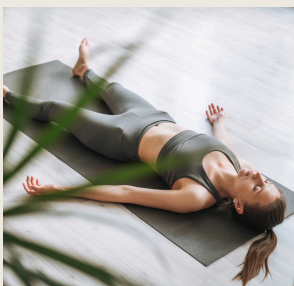
## 3. Downward-Facing Dog (Adho Mukha)



3 min

**Instruction:**  
"Form an inverted 'V'. Do not force your heels to the floor; pedal gently to release your hamstrings."

## 5. Final Relaxation (Savasana)



4 min

**Instruction:**  
"Lie on your back, palms facing the sky. Let go of all control. Allow the weight of your body to sink into the floor."

## 2. Cat-Cow Pose (Marjaryasana)



3 min

**Instruction:**  
"On all fours: Inhale as you arch your back looking up at the sky (Cow), exhale as you round your spine looking towards your navel (Cat)."

## 4. Seated Forward Bend (Paschimottanasana)



3 min

**Instruction:**  
"Legs straight, back long. Hinge from your hips (not your waist). Focus on the sensation, rather than trying to touch your feet."