



THE CABIN

## THE CABIN HOLISTIC DEPARTMENT

Our experienced wellness practitioners offer you a wide range of holistic care to bring balance and vitality back into the body and mind. Our goal is to create optimal health conditions for you during your stay at The Cabin. We do this through a multitude of therapies:



### REIKI

A hands-on energetic healing technique to promote relaxation and reduce stress.



### YOGA THERAPY

Yoga promotes healing and prevention of imbalances on a physical, emotional and mental level to achieve a greater state of overall wellbeing.



### RESTORATIVE YOGA

This is passive form of yoga creates deep rest through adaptations of traditional poses. By relaxing into poses and supporting the body with props, we allow our natural energy reserves to be replenished and learn the art of being, rather than doing.



### VINYASA YOGA

A more vigorous form of yoga with flowing poses combined with breath awareness and skill in alignment. This allows you to progress quickly – but more importantly, safely – in your practice.



### YIN YOGA

A slower-paced style of yoga, yin involves holding poses longer to apply moderate stress to the connective tissues of the body with the aim of increasing circulation in the joints and improving flexibility.



### MINDFULNESS MEDITATION

Develop your meditation practice to achieve a state of alert and focused relaxation. By deliberately paying attention to thoughts and sensations without judgement, we bring the mind back to the present moment with focus and discipline.



### ART THERAPY

An expressive therapy that uses the creative process of art making to help improve mental and emotional wellbeing. You do not have to be an artist or artistically inclined to benefit from art therapy!

