

WELLNESS

Nurture your body and soul

As a guest of Vik Retreats, The Shack Yoga & Wellness is your wellness home away from home. You have free access to the gym, steam room, dry sauna, and showers. We invite you to join a group yoga or fitness class, schedule a private lesson, or book a treatment during your stay. We look forward to welcoming you into our sanctuary soon!

PROGRAMS

Private retreats, purification program, and activation program. Please ask your Wellness or Experience Concierge for more information.

YOGA CLASSES

The signature "Shack Yoga Class" is defined by an open-level Vinyasa class incorporating flowing, dynamic movements with breath and alignment. Our comprehensive 90-min sessions include held postures, meditation, deep relaxation, and pranayama or breathwork. We also promote and offer different styles, practices, and lineages in our class offerings, from Iyengar to Hatha, Yin, and restorative. Please check our updated online schedule for class options. Mats and props are included.

Group Classes

First come, first served

> Price | Drop-in class \$ 30 | 3-class pack \$ 80 | 5-class pack \$ 120

Private Classes

By appointment only. Yoga & pilates mat.

> Price | \$ 120 | \$ 15 for each additional person

Private Stand-Up Paddle yoga

By appointment only | At the lagoon at Estancia Vik.

FITNESS CLASSES

Private Personal Training Session

Resistance training, Cardio sessions, Rehabilitative sessions, High-intensity interval training (HIIT) and other one-on-one fitness sessions.

> Duration | 1 hour

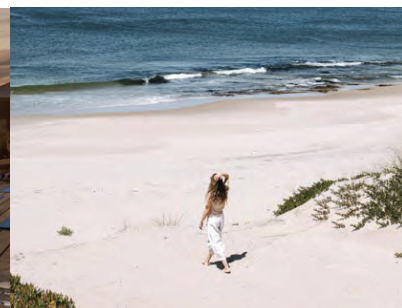
> Price | \$ 120

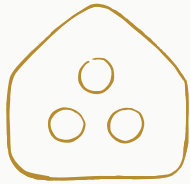
Group Training Sessions

Please check the schedule for class days & times, based on availability and must be scheduled in advance.

> Duration | 1 hour

> Price | \$ 55





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MASSAGES

Deep Tissue or Swedish Massage
Lymphatic Drainage
Shamanic Energy Healing
Exfoliating Body Scrub
Japanese Facial Massage ("Kobido")

- > Duration | 1 hour
- > Price | \$ 165 | Pack of 3 massages (1 hour) \$ 410
- > Duration | 1.5 hours
- > Price | \$ 220 | Pack of 3 massages (1.5 hours) \$ 540

THERAPEUTIC TREATMENTS

Guided Breathwork
Sound Bath Ceremony
Guided Heat & Cold Exposure
Acupuncture
Craniosacral Therapy

- > Price | from \$165, per session
By appointment only

REST & RESTORE

Experience the deep healing benefits of infrared light with our Clearlight infrared sauna, followed by an amethyst crystal Biomat, and finalize with a mineral-infused bath.

- > Duration | 1 hour session
- > Price | \$ 75 for 2 people

BEAUTY & CARE

Manicure & pedicure, hairdressing services, and dermocosmetic peeling are available by appointment. Please ask your Wellness or Experience Concierge for assistance.

