

Orba

Yoga Retreat & Health Spa



Your health and wellbeing
is our business...

ABOUT US...

Orba is a multi award winning, purpose-built Health and Wellbeing facility established in 2012.

We offer a broad range of activities to support individuals and groups improve and sustain enhanced physical fitness, good health and mental wellbeing.

Orba's welcoming ambience supports our excellent reputation for unrivalled client satisfaction.

Facilities include:

- Designated Yoga Studio and introducing Tyrone's only outdoor Yoga Shala, blended with nature
- Designated Pilates Studio
- Massage Suite
- Infrared Sauna
- Outdoor Hot Tub
- Indoor Spa Relax Area and Outdoor Patio
- Mindfulness Sensory Gardens and Walk
- Male / Female Changing Areas with Showers and Lockers
- Lounge / Reception / Catering Facility
- Spacious Parking and Landscaped Grounds in a convenient location approximately 2.5 miles from Omagh town, just off the B4 Drumnakilly Road

****All facilities are fully accessible****



YOGA

For a healthy and happy life, Yoga is the one simple practice you should engage. Yoga will boost your energy, lift your mood, increase joint circulation, improve physical and mental flexibility, ensure the digestive system is working properly, alleviate stress, improve your posture, your skin and can help clear up allergies. It will boost your immunity, your confidence, improve concentration and enhance your thirst for life.

To practice Yoga, you do not need to be fit, flexible, tall, thin, or a long hair camper driving hippy. You need a body and a desire to grow, to give, to contribute, to love and to live. Brídín is our Yoga instructor

at Orba. Since 2011 she has been travelling the world to discover, practice, learn and teach Yoga.

She frequently spends time in India, the home of Yoga and brings all her learnings, knowledge, skills and discoveries to share with the Orba community.

www.orbayogaspa.com for details of courses, workshops, events and masterclasses.



Yoga is the fountain of youth.”

– Bob Harper

All our activities can also be availed of as private and small group sessions. We offer classes for absolute beginners, intermediate and advanced participants. We also run regular masterclasses and workshops to hone in on unique elements of the

practice and to help students deepen their knowledge, skills, understanding and to advance their personal practice.

Orba studio hosts a vast array of weekly classes, courses and workshops. You can view our weekly timetable on our website:

www.orbayogaspa.com



PILATES

Look after your Back Health with Pilates:

A slow, flowing, controlled form of exercise, specifically designed to improve the body's posture, alignment and spinal function.

No one is immune from physical pain. Everyone from business professionals to Olympic athletes can suffer from everyday ailments like sore joints, migraines and stiff necks – or chronic issues with

knees, hips and the lower back area. A staggering 80% of adults will suffer from back pain at some point in their lives. We are, quite literally, the walking wounded.

The Human Body is designed to move. It is dependent on motion to maintain its full range of physical functions,

“Most people have no idea how good their body is designed to feel.”

– Kevin Trudeau

and motion is vital throughout our lives. Pilates corrects the misalignments in the musculoskeletal system of the body and helps restore the body's innate symmetry and balance improving your back health, posture, mobility, lung capacity and general wellbeing.

If you are an athlete or sports person wanting to enhance your performance and remain injury free, you should certainly book onto a Pilates class at Orba.

**To book a class or a private session, please call:
075 9659 2117**



“Turn off your mind,
relax, and float
downstream.”

– John Lennon

Orba Spa

At **Orba**, we are very aware of how busy your life is. You are always putting others before you. You cannot remember the last time you took time out to chill out and be present with nothing but the sound of the birds singing and the gentle breeze through the trees.

We offer 3 luxury spa experiences for couples or groups from 3-12 people.

Prices are dependent on group size.

Deluxe Spa Experience:

Allow our team of therapeutic specialists to relax you. We will treat you to an indulgent massage, tailored to suit your concerns. The benefits of this will be further enhanced with time spent in our healing Infra Red Sauna and deluxe outdoor hot tub, nestled in the forest, all whilst you graze on a healthy, wholesome homemade food platter and sumptuous, energy boosting fresh fruit smoothies to provide key nourishment and further enhance your feeling of renewal. You will also be spoiled with a crisp bottle of bubbles, strawberries and rich indulgent dark chocolate to be enjoyed after a refreshing amble along our Nature Bathing Trail.

Organic Spa Experience:

Our Organic package includes all the elements of the Deluxe package minus the massage. This package is perfect for those looking maximum time together. The calming effects of time spent in nature has been proven throughout time and at Orba, we make the most of our beautiful, scenic, rural location to ensure you soak up these benefits. Our secluded, meditative nature bathing trail offers ample opportunity to breathe in nature, fresh air, freedom and enjoy being alive. We provide, fluffy robes, heated towels, toiletries, shower facilities and hairdryers. You just bring your swim wear and flip flops and we will do the rest.

The Refresh Spa Experience:

An opulent tailored, targeted area or full body massage, followed by quality time together in our luxurious spa, with full and exclusive use of our Outdoor hot tub, infrared sauna and chill out area with sumptuous seasonal snacks and drinks.





Therapies

“Stress, headache, anxiety, toxins, pain, depression, muscle aches. Let it all go with massage.”

PRICE LIST

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| Couples Deluxe Spa Experience | £240.00 |
| <i>(2 hours 45 minutes)</i> | |
| Couples Organic Spa Experience | £140.00 |
| <i>(2 hours)</i> | |
| The Refresh Spa Experience | £190.00 |
| <i>(2 hours)</i> | <i>(to be enjoyed by groups of 2 only)</i> |
| Full Body Massage | £60.00 |
| <i>(60 minutes)</i> | |
| Back or Targeted Area | £40.00 |
| <i>(30 minutes)</i> | |
| Indian Head Massage | £55.00 |
| <i>(60 minutes)</i> | |
| PreNatal Massage | £60.00 |
| <i>(60 minutes)</i> | |
| Couples Massage | £120.00 |
| <i>(60 minutes)</i> | |
| Extended Massage | £75.00 |
| <i>(90 minutes)</i> | |
| Thai Yoga Massage | £60.00 |
| <i>(70 minutes)</i> | |
| Reflexology | £55.00 |
| <i>(60 minutes)</i> | |
| Infra Red Sauna Session | £15.00 |
| <i>(30 minutes)</i> | <i>(per person)</i> |
| Hot Tub Session | £30.00 |
| <i>(60 minutes)</i> | <i>(per person)</i> |

Infra Red Sauna:

Our infrared sauna is a beautiful maple wood haven equipped with infrared heaters that are designed to detoxify, heal and relax the body, boost mood and enhance sleep. Unlike traditional saunas that feature steam or dry heat to warm a room, infrared saunas use infrared heat lamps in confined spaces to raise body temperature directly.

Benefits include: relieving inflammation, stiffness and soreness by increasing blood circulation and allowing the deep, penetrating infrared heat to relax muscles and carry off metabolic waste products, while delivering oxygen-rich blood to the muscles for a faster recovery.

Expect to notice an improvement in skin clarity, enhanced immunity and an instant mood boost. The Infra red sauna encourages cell regeneration so is a highly safe and effective treatment for chronic pain and cancer sufferers.

Outdoor Hot Tub:

Our outdoor hot tub rests among unspoilt nature where clients can relax and soak in the therapeutic benefits of the hydro jets. A customised gazebo provides overhead shelter while the unrestricted surrounding views scan the adjoining countryside.

Total privacy is assured at all times. The only company you will have is the odd chaffinch or squirrel.

The contribution to health and wellbeing of hydrotherapy is underestimated...

Time in our Hot Tub can:

- Support better sleep patterns
- Relieve stiffness and pain associated with conditions like arthritis
- Help control blood pressure
- Support diabetes management by lowering glucose levels in the blood. You will leave feeling revitalised and transformed.



“Health is the greatest possession.
Contentment is the greatest treasure.
Confidence is the greatest friend.
Non-being is the greatest joy.”

– Bob Harper

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