

Yoga and Mindfulness



DAILY SCHEDULE

	07:00-08:00	10:00-11:00	15:00-16:00	16:30:17:30
MONDAY	HATHA YOGA	*POWER FLOW	*PRANAYAMA & MEDITATION	HATHA YOGA
TUESDAY	HATHA YOGA	*AQUA AEROBIC YOGA	*ASHTANGA VINYASA YOGA	HATHA YOGA
WEDNESDAY	HATHA YOGA	*CREATIVE FLOW	*POWER FLOW	HATHA YOGA
THURSDAY	HATHA YOGA	*VINYASA FLOW	*PRANAYAMA & MEDITATION	HATHA YOGA
FRIDAY	HATHA YOGA	*AQUA AEROBIC YOGA	*CREATIVE FLOW	HATHA YOGA
SATURDAY	-	-	-	-
SUNDAY	HATHA YOGA	*AQUA AEROBIC YOGA	*ASHTANGA VINYASA YOGA	HATHA YOGA

LOCATION:

Aqua Yoga will be in Sunset Pool,
other session will be in Samsara

All above are group session , all marked with * are chargeable. Advance booking require,
for group session require Minimum of 3 Guests

Kindly refer to the next page for details



HATHA YOGA

A yoga practice with slower pace, focus on the breath, controlled movements, and stretching.

POWER FLOW

A fast-paced cardiovascular workout focused on building strength and flexibility in the body through high-impact yoga postures

CREATIVE VINYASA

Movement based on practice which asks you to explore and feel your way through the postures, Accessible to everyone, from beginners to advanced practitioners.

AQUA AEROBIC YOGA

A form of yoga that works by performing the poses in the water to get a low-impact, full-body workout that helps to improve your strength, balance and range of motion

VINYASA LOW

characterized by stringing postures together so that you move from one to another, seamlessly using breath

PRANAYAMA & MEDITATION

Prana means the vital life force, Yama means control. Pranayama is the practice of breath regulation. It's a main component of yoga, an exercise for physical and mental wellness.

ASHTANGA VINYASA YOGA

A form of Yoga that highly active and dynamic adopting ashtanga series poses. This session is ideal for anyone interested in developing a stronger mind-body connection and growing strength, balance and flexibility.

IN-VILLA PRIVATE SESSION

Our Yoga Teacher takes you on an one-onone personalized yoga journey to awaken your senses and rebalance your body, mind and soul.

Group Session (max. 10 persons)

USD 40++ Per Person

Private Session

USD 95++ Per Person

USD 130++ Per Couple

Private Yoga Series

3 sessions | USD 250++ per person

5 sessions | USD 400++ per person

Price is subject to 10% service charge & 12% GST

