

May Yoga Activities

MONDAY

06:00 Hatha yoga at yoga deck
17:00 Compassion Meditation at yoga deck

TUESDAY

06:00 Sunrise yoga at yoga deck
17:00 Vinyasa yoga at yoga deck

WEDNESDAY

06:00 Yin yoga at yoga deck
17:00 Mindful Breathing Meditation at yoga deck

THURSDAY

06:00 Hatha Flow Yoga at Yoga Deck
17:00 Yin yoga at yoga deck

FRIDAY

06:00 Sun salutation at yoga deck
17:00 Aqua yoga at breeze pool

SATURDAY

06:00 Mindful breathing Meditation at yoga deck
17:00 Hatha Yoga at yoga deck

SUNDAY

06:00 All elements movement at yoga deck
17:00 Sun salutation at yoga deck

*Complimentary Activities

One-day advance booking is needed for all the activities.

For more information and bookings, please contact your Lifestyle host or dial '0' for Guest Service Centre.

