

DAILY COMPLIMENTARY GROUP YOGA CLASSES FOR ADULTS

(ONLY FOR 12 YEARS AND ABOVE)

Morning 07:30 - 08:30 hrs.

Evening 17:00 - 18:00 hrs.

No classes on Tuesdays

Location: Yoga Pavilion

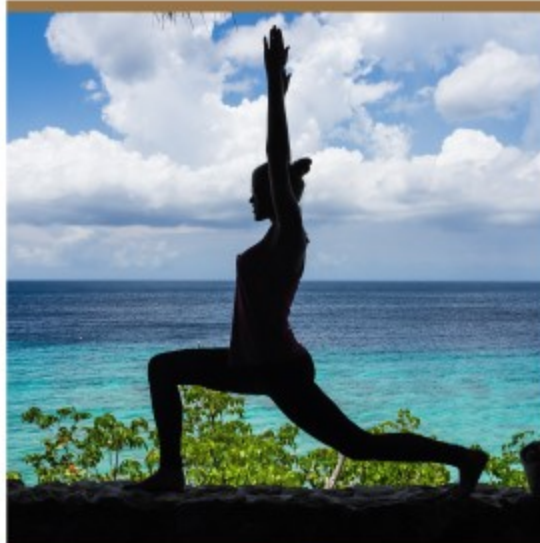


*YOGA FOR KIDS

For kids under the age of 12, we offer special yoga classes in addition to private family yoga classes.

*Available on request in the privacy of your Villa,
Kids Club or Yoga Pavilion.*

**Chargeable*



EXPERIENCE A PRIVATE YOGA SESSION

- Personalised yoga session in the comfort of your villa
- Yogic breathing pranayama session to calm anxiety and reduce stress
- Yoga for weight loss, physical or mental stress
- Meditation session or mantra chanting (Om sound)
- Candle meditation or Trataka session for strengthening eyes and enhancing concentration
- Series of sun salutation and advanced practices

Private Yoga Session: *USD 50++ per person*