

# 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.

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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

