

YOGA SCHEDULE

	Saturday	Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
7.00 – 8.00am	Rise	Energise	Energise	Rise	Rise	Rise	Energise	Rise	Energise
4.30 – 5.30pm				Community Class 10.30 - 11.30	Restorative	Yin	Restorative		
6.00 – 7.00pm	Energise	Energise	Master Class	Energise	Warrior Flow	Energise	Warrior Flow	Energise	Energise

Private Session

One on one session with the yoga instructor of your choice.
More information at reception

Energise

Get ready to turn up the heat and get the circulation pumping.

Restorative

Completely relax and unwind in cosy supported yoga postures whilst softly drifting into complete Zen –bliss

Warrior Flow

Find your focus and balance on your legs, strength and ease on your board.

Rise

Gently awaken the body with this slow but dynamic sunrise flow.

Yin

Nourish your tired muscles with long hold floor poses, activating the chi-flow, deep stretch for the connective tissue.

Community Class

We welcome our guests and local community to practice yoga while raising money for our charity of the month. All-level yogis are invited to come and find a mat, simply donate a few dirhams to our Karma Jar, and enjoy an hour of feel-good yoga.