



Monday

8:30AM-9:30AM

MINDFUL HATHA

with Swati in the STUDIO

An Intermediate Class to bring the body, mind and spirit back to balance.

5:00PM-6:00PM

GENTLE ASHTANGA

with Swati in the STUDIO

An Advance class of an athletic flow combining strength, Flexibility and Stamina

Tuesday

9:30AM-10:30AM

GENTLE YOGA

with Marcia in the STUDIO

A soft, nurturing, slow-paced and relaxing practice, incorporating stretches, postures and smooth, rhythmic flow.

Wednesday

8:30AM-9:30AM

YIN YANG

with Swati in the STUDIO

The best class for a beginner, which merges its dynamic and energetic flow with passive and subtle movements.

Wednesday (cont...)

5:00PM-6:00PM

CLASSICAL HATHA

with Swati in the STUDIO

A beginners Class with set of classical asanas, focused on the spinal movements along with breath co-ordination to give an overall improved health.

Thursday

8:30AM-9:30AM

GENTLE YOGA

with Marcia in the STUDIO

A soft, nurturing, slow-paced and relaxing practice, incorporating stretches, postures and smooth, rhythmic flow.

4:45PM-6:00PM

POWER VINYASA YOGA

with Marcia in the STUDIO

A powerful, energizing form of Yoga where students move fluidly from one pose/posture to another connecting breath to movement.

Friday

8:30AM-9:30AM

YIN

with Swati in the STUDIO

A slow-paced style of yoga, where props can be used to get the deeper and therapeutic effect out of asanas. It works best for beginners as well as advance practitioners to achieve great flexibility.

Friday (cont...)

5:00PM-6:00PM

SUNSET SALUTATION YOGA

with Keshia on the BEACH DECK

Vinyasa Flow Yoga (all levels) with active Sun Salutation flows amid a beautiful beachfront environment with a sun-setting systematic relaxation at the end.

Saturday

9:00AM-10:00AM

PILATES

with Lesley in the STUDIO

With Pilates - develop core and muscular strength, endurance, alignment, coordination, balance and good posture.

10:30AM-11:30AM

FLOW YOGA

with May in the STUDIO

Flow gracefully from Asana to Asana uniting breath and movement in choreographed dance-like sequences. Gain strength, experience ease and relieve tension.

3:30PM-5:00PM (NA Dec 7th – Jan 10th)

TAI CHI

with Shifu Edison & Shifu Aubin in the STUDIO

Tai Chi for health aims to improve the quality of muscles and joints externally and to enhance the workings to the natural body internally.

Additional charges apply

