



Beachside Yoga



HATHA YOGA

Relax and rejuvenate with this gentle introduction to yoga postures, designed to align the body and soothe the mind and spirit.

VINYASA YOGA

Awaken your energy and flexibility with a gentle class as you synchronize and breathe with movements flowing one to the other.

YIN YOGA

Calm the mind and body with this less active, yet effective practice. Postures are typically held for 1-3 mins, allowing the muscles to relax, the mind to focus and the body to become re-energized.

COUPLES YOGA

Building stronger communication and intimacy as you have fun, breathe, support and move with your partner.

YOGA THERAPY

The emerging field of yoga therapy pairs your unique health and wellness needs with specific applications for Yoga. The integrative approach also draws on Somatics, Ayurveda, Postural Alignment and Functional Movement. The first session begins with an intake form and all sessions are customized with you in mind. Learn techniques to support a range of issues such as arthritis, back pain, headaches, depression and anxiety at the pace that allows you to achieve a sense of well-being and peace of mind.

Yoga Prices

GROUP CLASSES

Monday | 7:30 AM

Wednesday | 7:30 AM

Friday | 7:30 AM

| SESSIONS | PRICE PER PERSON | MINIMUM PERSONS | MAXIMUM PERSONS |
|-------------------------|---------------------|--------------------|--------------------|
| Group Classes | \$25.00 USD | 4 | 10 |
| Private Individual | \$65.00 USD | 1 | 2 |
| Private Group or Family | \$30.00 USD | 2 | 10 |
| Private Couples | \$35.00 USD | 2 | 2 |

| YOGA THERAPY | PRICE PER PERSON | MINIMUM PERSONS | MAXIMUM PERSONS |
|-----------------------------|---------------------|--------------------|--------------------|
| *Introduction/ Consultation | \$190.00 USD | 1 | 2 |
| Additional Session | \$150.00 USD | 1 | 2 |
| *Extended Session | \$190.00 USD | 1 | 2 |
| 3 Session Package | \$450.00 USD | 1 | 2 |
| Couples Package | \$300.00 USD | 2 | 4 |

| THERAPEUTIC RESTORATIVE | PRICE PER PERSON | MINIMUM PERSONS | MAXIMUM PERSONS |
|----------------------------|---------------------|--------------------|--------------------|
| Private Classes | \$125.00 USD | 1 | 2 |
| Therapeutic Workshop | \$65.00 USD | 2 | 10 |

NB: + Introduction to yoga with consultation and additional sessions are 1 1/2 hours long. All other yoga sessions are 1 hour long. All prices are quoted in US\$ and are subject to 10% service charge and 15% VAT. Prices are subject to change.

To book, please call reception on “O”. We require 24 hours in order to confirm classes.