



WEEKLY WELLNESS PROGRAM

LET YOUR JOURNEY TO INNER PEACE BEGIN WITH US.

RECONNECT. REJUVENATE. REDISCOVER BALANCE.



MONDAY

07:30 - 08:30 HRS | GENTLE VINYASA - \$12++
09:00 - 10:00 HRS | PILATES - \$12++
17:30 - 18:00 HRS | STRETCHING (30 MIN) - \$8++
18:30 - 19:30 HRS | NAVAKARAṆA VINYĀSA - \$15++



TUESDAY

07:30 - 08:30 HRS | NAVAKARAṆA VINYĀSA - \$12++
09:00 - 9:30 HRS | MEDITATION (30 MIN) - \$8++
15:30 - 16:30 HRS | BEGINNER'S YOGA - \$12++
17:00 - 17:30 HRS | PRANAYAMA FOR FREE DIVING (30 MIN) - \$8++
18:00 - 18:30 HRS | STRETCHING (30 MIN) - \$8++



WEDNESDAY

07:30 - 08:30 HRS | NAVAKARAṆA VINYĀSA - COMPLIMENTARY
09:00 - 9:30 HRS | STRETCHING (30 MIN) - \$8++
17:00 - 18:00 HRS | PILATES - \$12++
18:30 - 19:30 HRS | YIN YOGA & SOUND HEALING - \$15++



THURSDAY

07:30 - 08:30 HRS | DETOX & BREATHWORK - \$12++
09:00 - 10:00 HRS | NAVAKARAṆA VINYĀSA - \$12++
17:00 - 18:00 HRS | POWER YOGA - \$15++
18:30 - 19:30 HRS | GENTLE VINYĀSA - \$15++



FRIDAY

07:30 - 08:30 HRS | GENTLE VINYĀSA - \$12++
09:00 - 10:00 HRS | PILATES - \$12++
15:30 - 16:30 HRS | BEGINNER'S YOGA - COMPLIMENTARY
17:30 - 18:00 HRS | STRETCHING (30 min) - \$8++
18:30 - 19:30 HRS | YIN YOGA & SOUND HEALING - \$15++



SATURDAY

07:30 - 08:30 HRS | NAVAKARAṆA VINYĀSA - \$12++
09:00 - 10:00 HRS | GENTLE VINYĀSA - COMPLIMENTARY
17:30 - 18:00 HRS | PRANAYAMA FOR FREE DIVING (30 MIN) - \$8++
18:30 - 19:30 HRS | DETOX & BREATHWORK - \$15++



IMPORTANT INFORMATION:

ADVANCE BOOKING IS REQUIRED.

PRICES LISTED ARE PER SESSION. RATES ARE IN USD SUBJECT TO 10% SERVICE CHARGE AND 17% T-GST FOR RESERVATIONS AND MORE INFORMATION, PLEASE VISIT OUR RECEPTION.

K-YOGA – ROOTED IN NATURE, RISING IN SPIRIT

Explore our diverse offerings and find the practice that aligns with your needs.

MORE INFORMATION ABOUT OUR SESSIONS:

DYNAMIC AND ENERGIZING

Navakarana Vinyasa

A unique and powerful practice combining movement, breath, and mantra. Builds strength, focus, and a deep body-mind connection.

Pilates

A low-impact workout focusing on core strength, posture, and alignment. Tones the body, supports the spine, and improves mobility.

Detoxing Twist & Breathwork

A revitalizing class with twists, dynamic movement, and cleansing breath techniques. Leaves you lighter, refreshed, and full of energy.

RESTORATIVE AND GENTLE

Gentle Vinyasa flow

A soft flow adaptable to all levels. Each posture offers options, from gentle to more challenging, so you can choose the intensity that feels right. Releases tension, improves mobility, and restores balance.

Yin Yoga & Sound Healing

A deeply restorative practice with long-held poses that calm the nervous system. Combined with vocal sounds, humming, and silence to guide you into deep relaxation and inner harmony.

Deep Stretch

A slow-paced session to lengthen muscles, release stiffness, and improve flexibility. Perfect after days of swimming, snorkeling, or diving, helping the body recover and unwind.

Beginner's Yoga

A clear and accessible introduction to yoga, ideal for beginners. Learn the basic postures, breathing, and alignment to start your practice with confidence and ease.

BREATH AND MIND

Pranayama for Free Diving

Breath control techniques to expand lung capacity, improve focus, and cultivate calm. Inspired by free diving, yet beneficial for everyone.

Pranayama for Meditation

A calming class focused on breathing techniques that quiet the mind and prepare the body for meditation. Deepen focus, expand awareness, and naturally enter a meditative state.



PRIVATE YOGA CLASS

EXPERIENCE A FULLY
PERSONALIZED YOGA CLASS
DESIGNED JUST FOR YOU.
WHETHER YOU'RE A COMPLETE
BEGINNER OR AN EXPERIENCED
PRACTITIONER, EACH SESSION IS
THOUGHTFULLY CRAFTED TO
SUPPORT YOUR NEEDS, FROM
IMPROVING POSTURE AND
FLEXIBILITY TO MANAGING
STRESS, REFINING TECHNIQUE
OR BUILDING STRENGTH.

USD 30++
ON DEMAND



*In the K-Yoga
Pavilion or
in your villa.*

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US\$ 40++



PRENATAL YOGA

THIS IS YOUR TIME TO SLOW DOWN, RECHARGE AND FEEL NOURISHED

Designed specifically for expecting mothers, prenatal yoga offers safe and supportive space to move breathe and connect with your changing body and growing baby. This gentle practice focuses on improving posture, releasing tension, and building the strength and stability needed for pregnancy and childbirth.

Each class includes:

- ✦ *Breathwork to calm the nervous system and deepen connection.*
- ✦ *Gentle movement to ease common discomforts like back pain or fatigue.*
- ✦ *Pelvic floor awareness and core stability.*
- ✦ *Relaxation techniques to reduce stress and promote emotional balance.*

You'll be guided through mindful poses with plenty of support and personal attention. No previous yoga experience is required just a willingness to listen to your body and move with care.

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PARTNER YOGA

MOVE, LAUGH & FLOW TOGETHER

*A playful and mindful practice for two,
enhancing connection, trust and balance.*



USD 30++
ON DEMAND

PRIVATE CLASS IN
K-YOGA PAVILION
OR IN YOUR VILLA

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