



WEEKLY WELLNESS PROGRAM

LET YOUR JOURNEY TO INNER PEACE BEGIN WITH US.

RECONNECT. REJUVENATE. REDISCOVER BALANCE.



MONDAY

07:30 - 08:30 | HATHA YOGA | \$15++

09:00 - 10:00 | PILATES | \$15++

17:00 - 17:30 | STRETCHING | \$8++

18:00 - 19:00 | YOGA & MEDITATION | COMPLIMENTARY



TUESDAY

07:30 - 08:30 | VINYASA FLOW | COMPLIMENTARY

09:00 - 09:30 | MEDITATION | \$8++

15:30 - 16:30 | HATHA YOGA | \$15++

17:00 - 17:30 | BREATHWORK | \$8++

17:30 - 18:00 | STRETCHING | \$8++



THURSDAY

07:30 - 08:30 | HATHA YOGA | \$15++

09:00 - 10:00 | PILATES | \$15++

16:30 - 17:30 | POWER YOGA | \$15++

18:00 - 19:00 | YOGA & MEDITATION | \$15++



FRIDAY

09:00 - 10:00 | YOGA & MEDITATION | \$15++

15:30 - 16:30 | HATHA YOGA | COMPLIMENTARY

17:00 - 17:30 | STRETCHING | \$8++

18:00 - 19:00 | VINYASA FLOW | \$15++



SATURDAY

07:30 - 08:30 | VINYASA FLOW | \$15++

09:00 - 10:00 | PILATES | \$15++

17:00 - 17:30 | BREATHWORK | \$8++

18:00 - 19:00 | YOGA NIDRA | \$15++



SUNDAY

07:30 - 08:30 | VINYASA FLOW | \$15++

09:00 - 09:30 | STRETCHING | \$8++

16:30 - 17:30 | PILATES | \$15++

18:00 - 19:00 | HATHA YOGA | \$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

Pilates

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

Power Yoga

A dynamic flow where postures are linked smoothly with the breath. The practice builds strength, endurance, and flexibility while promoting focus and vitality.

Hatha Yoga

This traditional yoga session focuses on steady postures, conscious breathing, and a slow pace. It enhances alignment, strength, flexibility, and calms the nervous system, promoting mental clarity, relaxation, and a deeper body connection.

RESTORATIVE AND 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.

Yoga and Meditation

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

Stretching

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.

Yoda Nidra

Yoga Nidra is a restorative practice involving guided relaxation that enhances body and breath awareness. It promotes deep relaxation, relieves stress, and improves mental clarity, making it suitable for all levels and leaving participants feeling refreshed.

PRANAYAMA AND MEDITATION

Breathwork

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

Meditation

A guided journey into stillness and awareness through meditation, utilizing breath, focus, and relaxation techniques to calm the mind, reduce stress, and reconnect with the present moment.

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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