



# WEEKLY YOGA PROGRAM

## MONDAY

|          |                  |
|----------|------------------|
| 07:30 AM | VINYASA FLOW     |
| 10:00 AM | HATHA YOGA       |
| 04:30 PM | BACK & SHOULDERS |
| 06:00 PM | YIN YOGA         |

## TUESDAY

|          |                |
|----------|----------------|
| 07:30 AM | VINYASA FLOW   |
| 10:00 AM | PILATES        |
| 04:30 PM | STRETCHING '45 |
| 05:30 PM | MEDITATION '30 |

## WEDNESDAY

|          |               |
|----------|---------------|
| 07:30 AM | VINYASA FLOW  |
| 10:00 AM | YOGA BASICS   |
| 04:30 PM | ABS & CORE    |
| 06:30 PM | YIN YOGA (DC) |

## THURSDAY

|          |                   |
|----------|-------------------|
| 07:30 AM | VINYASA FLOW      |
| 10:00 AM | ASHTANGA YOGA '90 |
| 04:30 PM | STRETCHING '45    |
| 06:00 PM | YIN YOGA          |

## FRIDAY

|          |                   |
|----------|-------------------|
| 10:00 AM | HATHA YOGA        |
| 11:30 AM | FREE TRY YOGA '30 |
| 04:30 PM | HIPS & LEGS       |
| 06:00 PM | VINYASA FLOW      |

## SATURDAY

|          |               |
|----------|---------------|
| 07:30 AM | VINYASA FLOW  |
| 10:00 AM | PILATES       |
| 04:30 PM | PRANAYAMA '30 |
| 06:00 PM | YIN YOGA      |

## SUNDAY

|          |                 |
|----------|-----------------|
| 07:30 AM | VINYASA FLOW    |
| 10:00 AM | GENTLE MOVEMENT |
| 04:30 PM | STRETCHING '45  |
| 06:30 PM | HATHA YOGA (DC) |

*Move. Breathe. Belong.*

**SINGLE CLASS: \$20++**

**STRETCHING, PRANAYAMA & MEDITATION: \$10++**

**PRICES LISTED ARE PER SESSION, RATES ARE IN USD AND  
SUBJECT TO 10% SERVICE CHARGE AND 17% T-GST**



# FIND YOUR PRACTICE

## YOGA

### VINYASA FLOW

*Flow with your breath through a dynamic sequence of postures.*

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### HATHA YOGA

*Slow down, explore the postures and reconnect with your breath.*

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### ESSENTIAL YOGA

*Build a strong foundation through basic postures, alignment and mindful movement. Ideal for beginners and anyone looking to refine their practice.*

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### ASHTANGA YOGA

*A structured and dynamic practice combining breath, movement and concentration. Energising, disciplined and physically challenging.*

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## MOVEMENT & CONDITIONING

### PILATES

*Strengthen your core, improve posture and develop controlled, mindful movement.*

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### BACK & SHOULDERS

*Release tension and build strength around the back, shoulders and upper body through targeted movement.*

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### ABS & CORE

*Build stability and strength through focused core exercises designed to support your whole body.*

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### HIPS & LEGS

*Strengthen and mobilise the lower body while improving flexibility and freedom of movement.*

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## BREATH & MIND

### PRANAYAMA

*Explore conscious breathing techniques to improve breath awareness, focus and inner calm.*

### MEDITATION

*A guided practice to quiet the mind, cultivate awareness and create a moment of stillness.*

### STRETCHING

*A gentle session focused on releasing muscular tension and improving flexibility and range of motion.*





# YOGA DISCOVERY

*Four practices. One journey.*

## **1** UNDERSTAND *Essential Yoga*

*Discover the foundations of yoga through alignment, basic postures, breathing and body awareness.*

## **2** PREPARE *Conditioning*

*Build strength, stability and body awareness through targeted exercises designed to prepare you for your yoga practice.*

## **3** CONNECT *Hatha Yoga*

*Explore the connection between posture, breath and awareness through a balanced and mindful practice.*

## **4** FLOW *Vinyasa Flow*

*Bring everything together through a dynamic practice, connecting movement and breath with greater confidence.*

**Choose your preferred time for each class from the weekly schedule and complete your journey at your own pace.**



# YOGA PACKAGE

## 2-CLASS PASS

**\$35++**

*Two yoga classes to move, breathe and unwind during your stay.*

**Use it yourself or share it with a friend.**

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## YOGA ESCAPE

**\$50++**

*Three practices to discover different ways of moving, breathing and connecting.*

**Choose any 3 yoga classes from the weekly schedule.**

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## WELLNESS WEEK

**\$80++**

*Make yoga part of your island rhythm.*

*Enjoy five 60-minute yoga classes during your stay and explore different practices designed to energise, strengthen, stretch and restore.*

**Choose any 5 regular yoga classes from the weekly schedule and create your own wellness journey at your own pace.**

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## YOGA DISCOVERY

**\$60++**

*Four practices. One journey.*

*Start from the foundations, prepare your body, discover mindful movement and finish by experiencing the freedom of flow.*

**UNDERSTAND • PREPARE • CONNECT • FLOW**

# 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 40++  
ON DEMAND



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

**IMPORTANT INFORMATION:**

ADVANCE BOOKING IS REQUIRED.

PRICES LISTED ARE PER SESSION. RATES ARE IN USD SUBJECT TO 10% SERVICE CHARGE AND 17% T-GST