



Wellness & Body Works



YOGA & MEDITATION WEEKLY SCHEDULE

	8.00 - 8.45am	5.30pm - 6.30pm
MONDAY	Morning Yoga	Sunset Flow*
TUESDAY	Morning Yoga	Restorative Yoga & Meditation*
WEDNESDAY	Morning Yoga	Sunset Flow*
THURSDAY	Morning Yoga	Yoga Pilates Fusion*
FRIDAY		
SATURDAY	Morning Yoga	Sunset Flow*
SUNDAY	Morning Yoga	Restorative Yoga & Meditation*

All Yoga classes mentioned on the schedule will be at Yoga Pavilion.
All activities marked with * are chargeable. Kindly refer to the next page for details



FIND YOUR FLOW WITH ANNA TSOY

A certified Yoga and Meditation Teacher (E-RYT 500) from Kazakhstan, Anna incorporates conscious exploration of movement, breath and concentration to reconnect with inner self and to strengthen the body. Her classes are inspired by nature, psychology of human mind, dance therapy as well as respected teachers she has met in her journey through India, Nepal and South East Asia.

Hatha Yoga

Practice gentle asana sequences to calm your mind and open and strengthen your body. You will learn how to build strength and balance by creating a solid foundation that is rooted in good alignment, body awareness, breath and heart.

Restorative Yoga & Meditation

Combining physical poses, controlled breathing, meditation and relaxation, this mind-body practice may help reduce stress, lower blood pressure and lower your heart rate.

Power Yoga

Fast-paced and energetic, this intense practice is focused on building strength, improving stamina and flexibility. Accessible to everyone, from beginners to advanced practitioners.

Vinyasa Flow

Relax your body and mind as you synchronize your breath to your physical movement. This session is ideal for anyone interested in developing a stronger mind-body connection and growing strength, balance and flexibility.

Sunset Flow

Enjoy the sounds of the crashing waves and let the beautiful sunset inspire you as we move with intention from posture to posture. Class begins with a gentle flow, followed by an energetic sequence and ends with a relaxing meditation.

Yin Yang Yoga

A perfect blend of dynamic power yoga and slow restorative yoga, Yin and Yang are the Taoist concepts that describe the two main vital forces of masculine and feminine energy. Start the class with developing Yang - strength, stamina and toning the body, following with Yin - slow, restorative yoga working on the deep connective tissue. Bringing together two opposite forces will truly help you achieve the balance within.

Yoga Pilates Fusion

Come enjoy the best of both worlds in this fusion of Yoga and Pilates.

The above classes are 60 minutes per session and chargeable as follow:

Group Class : US\$35++ per person

Private Class : Single-US\$100++

Couple-US\$150++

Aqua Yogalates

45 minutes | Main Pool or Private Pool Villa
US\$35++ (group class, min. 3 people)
Private class US\$100++

Refresh and challenge your whole body to this toning class cushioned by the buoyancy of the water.

Kids Yoga (From 8 - 12 y.o)

30 minutes | Single US\$35++ Double US\$60++

Fun and playful yoga sequence specially designed for kids and teens. Gentle stretches and mindful breathing will enhance brain power and concentration, strengthen immunity as well as develop the creativity and imagination of young minds.

Osho Dynamic Meditation

60 minutes | Single US\$100++ per session
7 days package – US\$595++ (In Villa only)

Dynamic Meditation was created to move stagnant energy, break conditioned patterns in the body-mind and free from emotional blockages. It involves 5 stages: intense breathing, voice releasing, shaking, stillness and chaotic movement.

7 days of consistent practice of dynamic meditation can heal anxiety syndrome, somatic complaints, aggressive behaviors, depression and release emotional trauma. The results of the studies showed that the Osho dynamic meditation produces anti-stress effects and reduces plasma cortisol level.

Mindfulness Meditation

60 minutes | Single US\$100++ per session
7 days package – US\$595++

Meditation is a well known method that can heal both on physical and mental level.

Science has proven the regular practice of Meditation has ability to change the brain activity, improve focus and concentration, build self-awareness and self-esteem, improve tolerance for pain and help fight substance addiction.

Private Yoga Package

Join Anna as she takes you on an one-on-one yoga journey to awaken your senses and rebalance your body, mind and soul.

5 days Single Yoga package US\$425++

7 days Single Yoga package US\$595++

The private classes and multi-days package require advance reservations. Please contact Merana Spa team or your butler for further information and reservation.