

TALISE MOVEMENT TIMETABLE OCTOBER 2024

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUN
					BEACH YOGA 8:30 - 9:30	BEACH YOGA 8:30 - 9:30
YIN YOGA 17:30 - 18:30	SUNSET BEACH YOGA 17:30-18:30	SUNSET BEACH YOGA 17:30-18:30	SUNSET BEACH YOGA 17:30-18:30	SUNSET BEACH YOGA 17:30-18:30	SUNSET BEACH YOGA 17:30-18:30	SUNSET BEACH YOGA 17:30-18:30

YIN YOGA

A relaxing, slow-paced style with postures held for longer periods of time, working on connective tissues to improve circulation in joints.

Location: Yoga Garden at Talise Spa, Jumeirah Al Qasr

SUNSET BEACH YOGA

A hatha-based, tranquil practice amidst the setting sun, fostering serenity and rejuvenation for all.

Location: Beach near Celeste Pool, Jumeirah Al Qasr

PRICES

Single Class: AED 95

10 Classes Package: AED 855

Unlimited Package: AED 1,100 per month

J Club Members: AED 60 per single class

FULL MOON YOGA

Practice under the full moon and let the soothing sounds of the gently lapping waves relax you, allowing you to feel grounded and fulfilled.

Date: Thursday, 17 October 2024

Time: 19:30 onwards

Price: AED 120

Location: Beach near Celeste Pool, Jumeirah Al Qasr

For more information and reservation, please contact:
+971 4 366 6818 or email mjtalise@jumeirah.com