

SUMMER YOGA TIMETABLE

MAY - SEPTEMBER 2021

Find your flow through you in the serenity of Talise Spa, Jumeirah Al Qasr. Guests are invited to experience the harmonising effect of Yoga, working to build strength in body and mind, improve physical coordination and bring peace through meditation.

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
					Hatha Yoga 8:30am	Hatha Yoga 8:30am
Sunset Yoga 6:00pm	Sunset Yoga 6:00pm	Ashtanga Yoga 6:00pm	Sunset Yoga 6:00pm	Sunset Yoga 6:00pm	Hatha Yoga 5:30pm	Hatha Yoga 5:30pm

VENUES	Hatha and Ashtanga Yoga: Talise Spa Garden	Sunset and Hatha Yoga: Jumeirah Al Qasr Beach
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HATHA YOGA

This session combines different Hatha Yoga postures and breathing exercises. (Suitable for all levels).

BEACH/SUNSET YOGA

This is a Hatha yoga based class with sun salutations. (Suitable for all levels).

ASTHANGA / VINYASA YOGA

This dynamic practice synchronizes breath and movement to purify the body. (Advanced levels)

For more information and reservation please contact:

Telephone: 04 366 6818

Email: mjtalise@jumeirah.com