

# SUMMER YOGA TIMETABLE

## 1 APRIL - 31 MAY 2022

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.

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
					<b>Sunrise Beach Yoga</b> 8:30am - 9:30am	<b>Sunrise Beach Yoga</b> 8:30am - 9:30am
						<b>Mind Transform*</b> 10am - 11am
<b>Sunset Beach Yoga</b> 6pm - 7pm	<b>Sunset Beach Yoga</b> 6pm - 7pm	<b>Sunset Beach Yoga</b> 6pm - 7pm	<b>Yin Yoga</b> 6pm - 7pm	<b>Sunset Beach Yoga</b> 6pm - 7pm	<b>Sunset Beach Yoga</b> 5:30pm - 6:30pm	<b>Sunset Beach Yoga</b> 5:30pm - 6:30pm

VENUE	Sunrise and Sunset Beach Yoga: Jumeirah Al Qasr Beach beside Celeste pool	Yin Yoga: Talise Spa Al Qasr, Yoga Garden	Mind Transform Talise Spa Al Qasr, Yoga Meditation Room
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### BEACH YOGA

Hatha yoga based class with sun salutations and breathing exercises.

### YIN YOGA

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

### MIND TRANSFORM

Sync the mind, body and breath. Soothing stretches leading to deep relaxation, breathwork and guided meditation with sound bowls.

### PRICES:

Hotel Guest: AED 90

J Club Member: AED 50

For more information and reservation please contact:

Telephone: 04 366 6818

Email: [mjtalise@jumeirah.com](mailto:mjtalise@jumeirah.com)