

# YOGA TIMETABLE

## February 2023

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>Sivananda Yoga</b> 9:00 - 10:00			<b>Core Yoga</b> 8:30 - 9:30	<b>Detox Flow</b> 8:30 - 9:30
<b>Sunset Beach Yoga</b> 17:30 - 18:30	<b>Sunset Beach Yoga</b> 17:30 - 18:30	<b>Sunset Beach Yoga</b> 17:30 - 18:30	<b>Yin Yoga</b> 17:30 - 18:30	<b>Sunset Beach Yoga</b> 17:30 - 18:30	<b>Sunset Beach Yoga</b> 17:30 - 18:30	<b>Sunset Beach Yoga</b> 17:30 - 18:30

VENUE		
	Jumeirah Al Qasr Beach, beside Celeste Pool	Talise Spa Al Qasr, Yoga Garden

### SIVANANDA YOGA

With derived roots from classical Hatha yoga, this style of yoga involves regular periods of relaxation and yogic breathing techniques.

### BEACH YOGA

A Hatha yoga-based class with sun salutations and breathing exercises.

### CORE YOGA

A class focused on working on upper and lower body strength and stability through postures.

### DETOX FLOW

A flow-based class with different positions focused on twists and bends to stimulate organs.

### YIN YOGA

This practice promotes a flow of energy through connective tissues of the body. It works deep into the tighter areas concentrating on the hips and the back.

### PRICES

All Guests: AED 95

10 Classes Package: AED 855

J Club Members: AED 60

Unlimited Package: AED 1,100