

# YOGA TIMETABLE APRIL 2024

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
				HATHA YOGA 8:30 - 9:30	CORE YOGA 8:30 - 9:30	DETOX YOGA 8:30 - 9:30
BEACH SUNSET YOGA 18:00 - 19:00	BEACH SUNSET YOGA 18:00 - 19:00	BEACH SUNSET YOGA 18:00 - 19:00	YIN YOGA 18:00 - 19:00	BEACH SUNSET YOGA 18:00 - 19:00	BEACH SUNSET YOGA 18:00 - 19:00	BEACH SUNSET YOGA 18:00 - 19:00

## HATHA YOGA

Harmonise body and breath with gentle movements, promoting strength, flexibility, and inner peace.

**Location:** Beach near Celeste Pool, Jumeirah Al Qasr

## CORE YOGA

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

**Location:** Beach near Celeste Pool, Jumeirah Al Qasr

## DETOX YOGA

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

**Location:** Beach near Celeste Pool, Jumeirah Al Qasr

## 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

## BEACH SUNSET 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

## NEW MOON YOGA

Associated with new beginnings, this practice harnesses the energy of the lunar cycle to set intentions, release and cultivate inner stillness.

**Date:** Monday, 8 April

**Time:** 18:30 onwards

**Price:** AED 100

**Location:** Yoga Garden at Talise Spa, Jumeirah Al Qasr

## 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:** Wednesday, 24 April

**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](mailto:mjtalise@jumeirah.com)