

YOGA TIMETABLE MAY 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: Wednesday, 8 May

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: Thursday, 23 May

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