

# FIVE

## YOGA ACTIVITIES

**SUNDAY**

**8:45 AM**

**10:45 AM**

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**MONDAY**

**8:45 AM**

**10:45 AM**

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**TUESDAY**

**8:45 AM**

**10:45 AM**

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**WEDNESDAY**

**8:45 AM**

**10:45 AM**

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**FRIDAY**

**8:45 AM**

**10:45 AM**

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**SATURDAY**

**8:45 AM**

**10:45 AM**

**Yoga:** 45 minutes

Yoga has a lot to offer for beginners and advanced practitioners of all ages. It is a powerful way of living that can help you identify your hidden physical and mental potentials. This practice promotes a relaxed and happy body, which fosters a happy mind.

### **GROUP CLASSES**

YOGA (1 HOUR) - 1 CLASS 75 (COMPLIMENTARY FOR RESIDENTS)

### **PRIVATE CLASSES**

PRIVATE YOGA (1 HOUR) - 1 CLASS 300

PRIVATE YOGA (1 HOUR) - 5 CLASSES 1,200

FOR RESERVATIONS, PLEASE CALL THE SPA AT 04 455 9965

All prices are in UAE Dirhams inclusive of 5% VAT, 7% municipality fee and 10% service charge