



HIDEAWAY

YOGA

Yoga Schedule

MONDAY

8:30 Vinyasa
10:30 Airo Yoga
16:30 Vinyasa
18:00 Yin

TUESDAY

8:30 Vinyasa
10:30 Airo Yoga
16:30 Vinyasa
18:00 Yin

WEDNESDAY

8:30 Vinyasa
10:30 Airo Yoga
16:30 Airo Yoga
18:00 Yin

THURSDAY

8:30 Vinyasa
10:30 Airo Yoga
16:30 Vinyasa
18:00 Yin

FRIDAY

8:30 Vinyasa
10:30 Airo Yoga
16:30 Vinyasa
18:00 Yin

SATURDAY

8:30 Vinyasa
10:30 Airo Yoga
16:30 Vinyasa
18:00 Yin

SUNDAY

16:30 Airo Yoga
18:00 Yin

CLASS DESCRIPTION

Vinyasa Yoga: A dynamic and strong practice that combines the breath with movement. Focusing on alignment, breath and building strength and flexibility in the body.

Airo Yoga: A playful spin on aerial yoga combining elements of Vinyasa, Pilates and acrobatics. Airo assists with releasing tension and compression in the spine.

Yin Yoga: A soothing practice focusing on bringing ease into the body by holding poses for a longer period of time. Particular attention is paid to the "fascia" tissue of the body.

ALL LEVELS WELCOME!

Drop in: Lkr 1500 / Airo Lrk 2000 /
5 Class Pass: Lkr 5500
10 Class Pass: Lkr 10000

*Valid for regular classes only.

** Lkr 500 extra for Airo Classes