P4 PILATES GROUP MAT CLASSES (AIRPORT)



SCHEDULE	MON	TUE	WED	THUR	FRI	SAT
9:00AM	PILATES ON MAT ROBERTA				PILATES ON MAT ROBERTA	
9:30AM		YOGA	YIN YOGA	YIN YOGA		
9:45AM		SARAH	HEMA	HEMA		
10:00AM						
11:00AM						
TT.OUAW						
12:00PM						
6:00PM						
7:00PM						

YOGA: is a discipline which is believed to bring balance between the body and the mind through physical poses or asanas, breathing techniques or Pranayama, and meditation. Asanas are designed to improve health and remove diseases in the physical, causal, and subtle bodies. The asanas can make you feel relaxed for long periods of time and , regularly practiced, can improve muscle flexibility and bone strength, as well as willpower, concentration and self-withdrawal.

PILATES ON MAT Ground yourself in the essentials of PILATES, mastering proper technique to reap the benefits of group classes. Designed for beginners, this class is also suitable for those who have been inactive or coming off of an injury. This series helps participants develop true core strength and stability while heightening mind-body awareness. Props add variety and build familiarity for more challenging classes..

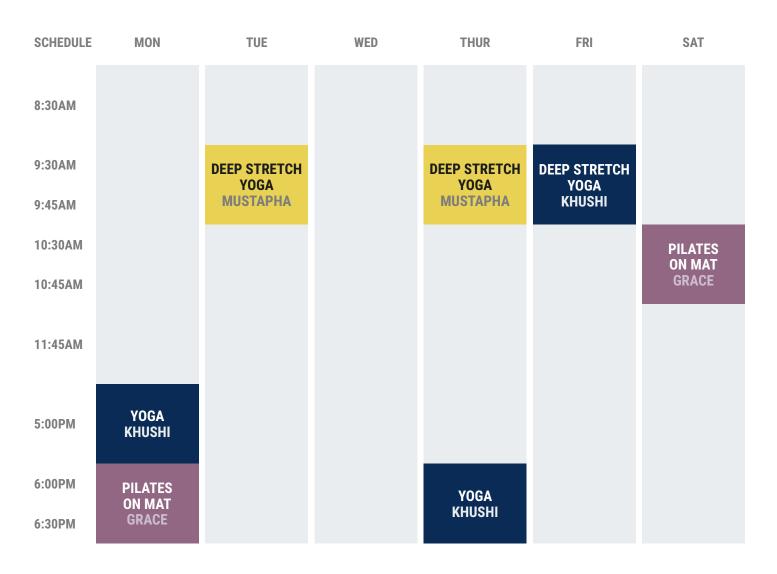
YIN YOGA teaches stillness, enhances focus and promotes relaxation. With an emphasis on the deep connective tissues Asanas (poses) are mostly floor based, participants hold each pose for at least 2-3 minutes.

PRICE PER SESSION **100**GHC/pers.

PREPAID PACKAGE PAY 10 SESSIONS, GET 1 FREE (EXCEPT ROBERTA)

P4 PILATES GROUP MAT CLASSES (CANTONMENTS)





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DEEP STRETCH YOGA A perfect way to unwind, this involves sun salutations, and relaxing postures bringing balance to the mind and body.

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