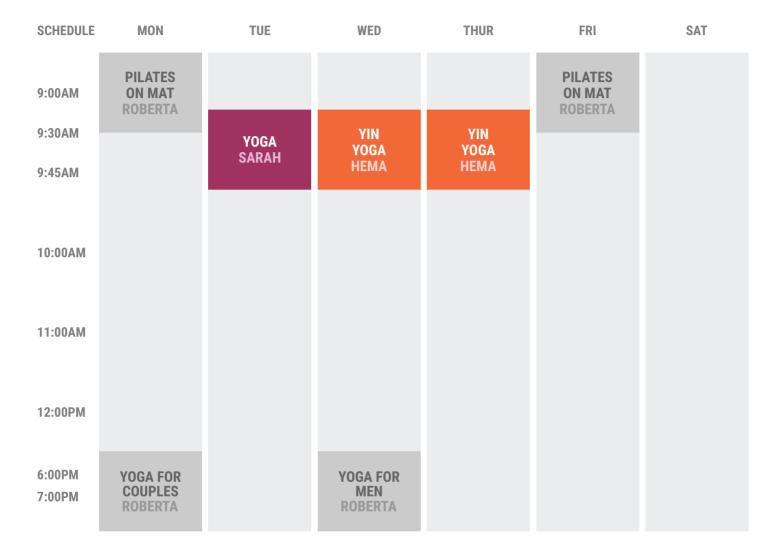
## P4 PILATES GROUP MAT / YOGA CLASSES ( AIRPORT )





**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 ae 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 , egularly prracticed, an improve muscle flexibility and bone strength, as well as willpower, concentration and sel-withdrawal.

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

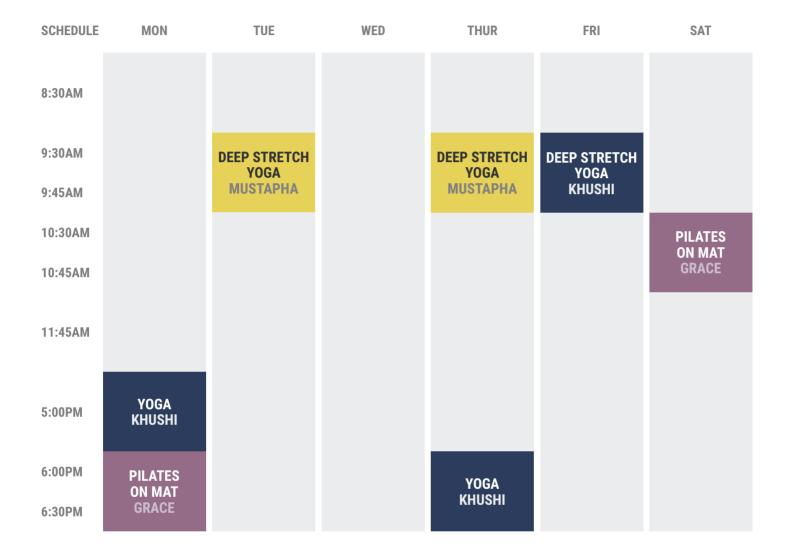
**YIN YOGA** teaches stillness, enhances ocus and promotes relaxaatio n.With an emphasis on the deep connective tissues Asanas (posese mostly floor based, particip ts hold each pose for at least 2-3 minutes.

PRICE PER SESSION 100<sub>GHC/pers.</sub> PREPAID PACKAGE PAY <u>10 SESSIONS</u>, GET <u>1 FREE</u> (EXCEPT ROBERTA)

**Cancellation** olicy: 24 hours' notice o cancel or reschedule (an 11am booked class needs to be cancelled the previous day by 11am). Failure to give adequate notice will incur a full chage ffor the timeserved!

## P4 PILATES GROUP MAT / YOGA CLASSES ( CANTONMENTS )





**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 ae 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, an improve muscle flexibility and bone strength, as well as willpower, concentration and sel-withdrawal.

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

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