P4 PILATES GROUP MAT / YOGA 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						
12:00PM						
6:00PM 7:00PM						
7.001 IVI						

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 inactient or coming of fof an injuryry. This series helps particients to develop true corestrength and stability while heightening mind-body awareness. Props add variety and build familiarity for more challenging classes.

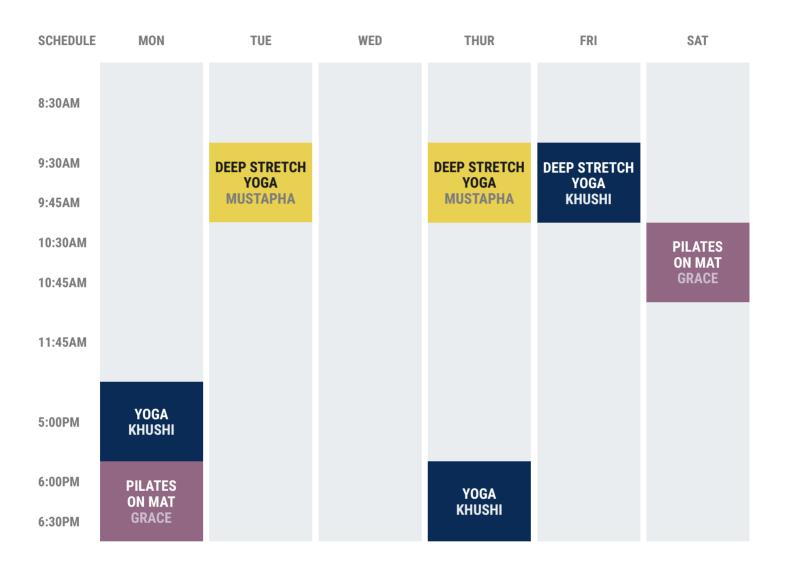
YIN YOGA teaches stillness, enhances ocus and promotes relaxaatio n.With an emphasis on the deep connective tissues Asanas (posese mostly floor based, particip ts hold each pose for at least 2-3 minutes.

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

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

P4 PILATES GROUP MAT / YOGA CLASSES (CANTONMENTS)





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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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