

# 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 SARAH	YIN YOGA HEMA	YIN YOGA HEMA		
9:45AM						
10:00AM						
11:00AM						
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 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 )**

**Cancellation Policy:** 24 hours' notice to 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 charge for the time served!

# P4 PILATES GROUP MAT / YOGA CLASSES ( CANTONMENTS )



SCHEDULE	MON	TUE	WED	THUR	FRI	SAT
8:30AM						
9:30AM		DEEP STRETCH YOGA MUSTAPHA		DEEP STRETCH YOGA MUSTAPHA	DEEP STRETCH YOGA KHUSHI	
9:45AM						
10:30AM						PILATES ON MAT GRACE
10:45AM						
11:45AM						
5:00PM	YOGA KHUSHI					
6:00PM	PILATES ON MAT GRACE			YOGA KHUSHI		
6:30PM						

**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.

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

**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 )

**Cancellation policy:** 24 hours' notice to 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 charge for the times reserved!