

# P4 GROUP MAT / YOGA CLASSES ( AIRPORT )



SCHEDULE	MON	TUE	WED	THUR	FRI	SAT
9:00AM	PILATES ON MAT VIRGINIA				BREATH WORK MALEK	
9:30AM						
10:00AM	PHYSIO STRETCH SHIVANI		YIN YOGA HEMA	YIN YOGA HEMA		PHYSIO STRETCH SHIVANI
10:30AM						
11:00AM						
11:30AM						
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 is 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 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 of an injuryry. 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 (posee mostly floor based, participants hold each pose for at least 2-3 minutes.

**PRICE PER SESSION : PHYSIO STRETCH 130GH / YIN YOGA 130GH / PILATES ON MAT 150GHS / BREATH AND SOUND 200GH**

**Cancellation policy:** 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 charge for the timeserved!

# P4 GROUP MAT / YOGA CLASSES ( CANTONMENTS )



SCHEDULE	MON	TUE	WED	THUR	FRI	SAT
8:30AM						
9:30AM						
10:30AM						PILATES ON MAT GRACE
11:30AM						
11:45AM						
5:00PM						
6:00PM	PILATES ON MAT GRACE	PILATES ON MAT VIRGINIA				
7:00PM				PILATES ON MAT VIRGINIA		

**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 from 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 : YIN YOGA 130GH / PILATES ON MAT 150GHS**

**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 timeserved!