



## YOGA & MEDITATION MENU

### YOGA

Connect with yourself and refresh your body, mind and soul during a yoga class. Never done yoga before. Our yoga classes are suitable for all levels and bodies. We will offer poses with options and alternatives for all, which will challenge you while encouraging self-compassion. All yoga classes are held on the Anantara Spa deck.

#### YOGA GROUP CLASSES:

<b>Kids - 4 to 15 years</b>	\$35
30 mins   12pm-12:30pm	
<b>Adults</b>	\$45
1 hour Vinyasa Flow Class   08h00 - 09h00	
1 hour Restorative Yoga Class   16h00 - 17h00	

#### YOGA PRIVATE CLASSES:

<b>Kids - 4 to 15 years</b>	\$45
30 minutes + 10 minutes of FREE meditation	
<b>Adults</b>	\$65
1 hour + 15 minutes of FREE meditation	
<b>Family Yoga - Maximum of four people</b>	\$200
1 hour + 15 minutes of FREE meditation	

#### Please note

#### Yoga and meditation cancellation policy

No show and cancellations of classes will be charged at 50% of the scheduled class cost and all packages will be charged after the first class. Maximum number of guests per session is limited to seven people in order to adhere to social distancing.

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LIFE IS A JOURNEY. Visit [anantara.com](http://anantara.com)

### PRANAYAMA & MEDITATION

Unlock the power of the ancient teachings of breath control and meditation. Meditation is for everyone. Let us guide you with simple yet effective techniques to begin the journey of self-awareness. Pranayama & Meditation are proven to aid stress-related physical and mental diseases, inspire creative thinking and assist in the development of healthy sleeping patterns. All meditation classes are held on the Anantara Spa Deck.

#### MEDITATION GROUP CLASSES:

<b>Kids 4- 15 years</b>	\$25
30 minutes   12h30 – 13h00	
<b>Adults</b>	\$35
30 minutes   17h00 – 17h30	

#### MEDITATION PRIVATE CLASSES:

<b>Kids - 4 to 15 years</b>	\$35
30 minutes	
<b>Adults</b>	\$50
45 minutes	
<b>Family Meditation - Maximum of four people</b>	\$140
45 minutes	



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