



YOGA & MEDITATION PACKAGE

YOGA

Refresh your body, mind and soul with yoga. Never done yoga before? No problem! 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.

DISCOVER YOGA GROUP CLASS

Held on the activity Deck at Clube Naval

Warm up for the day with a breezy 20-minute class on Sun Salutations before breakfast

Complimentary to guests on the first day of their stay

20 minutes | 07h40- 08h00 daily (Except Mondays) \$12

YOGA PRIVATE AND GROUP CLASSES

Held at Anantara Spa

1 group Class \$45

3 group classes \$90

1 Hour Vinyasa Flow Class | 09h00 -10h00 daily

1 hour restorative Yoga class | 16h00-17h00 Daily

1 Private class \$65

3 Private classes \$120

1 Hour Yoga +15 minutes Free meditation

SUP YOGA CLASSES

Meet at the Activity Deck at Clube Naval

SUP Yoga is loads of fun! We practice on the water on our Stand-up paddle boards and try out yoga poses with the added dimension of core training and balance skills.

1 Private class \$65

MEDITATION

Begin the journey of self-awareness. Let us guide you with simple, effective breathing and meditation techniques proven to aid stress-related physical and mental illnesses, inspire creative thinking and develop healthy sleeping patterns.

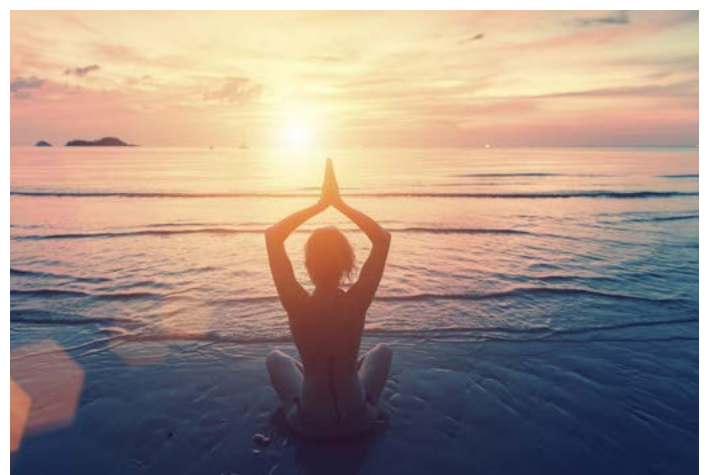
MEDITATION PRIVATE CLASSES:

Held at the Anantara Spa

1 private class \$50

3 private classes \$96

45 minutes



Please note

Yoga, meditation and fitness 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 per session in order to adhere to social distancing.



HIIT FITNESS TRAINING

Re-energize yourself with high intensity interval training (HIIT). We use body-weight and free-weight exercises with a train and rest rhythm of short intervals.

FITNESS PRIVATE CLASSES

Held at Fitness Centre

1 private class	\$65
3 private classes	\$120
45 Minutes	

ACTIVE KIDS CLASSES (4-15 YEARS)

Held at the Activity Deck

We train hand-eye co-ordination, proprioception and balance with kids yoga and fun games that high energy kids will love

1 private class	\$35
30 minutes	

Group packages available on request

Please note

Fitness 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 per session in order to adhere to social distancing.



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LIFE IS A JOURNEY. Visit anantara.com

