



YOGA WELLNESS

Master the core asanas and breathing while toning, stretching and improving flexibility. Join us for group sessions at the yoga pavilion or arrange for private lessons with our master yogi.

Acro Yoga

(Couples only)

USD 120 nett per couple

Yoga Therapy

USD 45 nett per couple
(minimum 2 persons)

Hatha Yoga

USD 35 nett per person
(minimum 2 persons)

Mantra Yoga Meditation

USD 45 nett per person
(minimum 2 persons)

Sunrise / Sundown Yoga

USD 40 nett per person
(minimum 2 persons)

Kundalini Yoga

USD 45 nett per person
(minimum 2 persons)

Private Yoga Sessions

USD 60 nett per person
(minimum 2 persons)

Chakra Balancing Yoga

USD 45 nett per person
(minimum 2 persons)

Christer Balancing Yoga

USD 50 nett per person
(minimum 2 persons)



For reservations and more information,
please contact Recreation Centre on ext. 5330