

WELLNESS & MEDITATION CENTRE

GROUP CLASSES

AED 190 per person

Sunrise yoga

Sunset meditation

PRIVATE YOGA CLASSES

AED 350 per session

Hatha yoga

Ashtanga yoga

Vinyasa yoga

Power yoga

Therapeutic yoga

Hot yoga

Desert yoga

Prenatal yoga

PRIVATE MEDITATION CLASSES

AED 350 per session

Meditation for inner silence

Pranayama meditation

Yoga nidra

Singing bowl meditation