

ST REGIS
ATHLETIC CLUB

YOGA CLASS

HATHA YOGA

QUIET YOUR MIND, FREE YOUR BODY

Yoga classes at the St. Regis Athletic Club offers a classical style of Hatha yoga focusing on alignment and functional movement with poses and breathing exercises creating smooth transitional flows.

Typically involves tuning in with breath awareness, setting of intention, physical poses with verbal and physical adjustment and assists to ensure alignment, which aids in energetic flow. A gentler yoga practice, perfect for beginners and intermediates alike.

1 class

AED 89

10 classes

AED 754

Prices are inclusive of 10% service charge, 4% municipality fees, 6% tourism fees and 5% VAT on base amount plus service charge.



ADVANTAGE SPORTS UAE
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