



Yoga Break Sessions

Below are the various Yoga and Pilates Classes that will be running during your stay. Review the below and decide which classes you would like to attend. These will need booking in advance of your stay.

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
	Hatha Yoga 7.30 - 8.15am	Barre 7.15 - 8am		Barre 7.15 - 8am		
Yoga Stretch 9.15 - 10am	Pilates Flow 9.15 - 10am		Pilates 9 - 9.45am	Yoga Stretch 9.15 - 10am	Yoga 9 - 10am	
				Yoga 5.45 - 6.30pm		
Pilates 6 - 6.45pm		Yoga Stretch 6.15 - 7.15pm				
Meditation and breath work 7 - 8pm	Yoga 7 - 7.45pm		Vinyasa Yoga 7.30 - 8.30pm			

HATHA YOGA

You will find stillness and tranquility in this restorative yoga practice, allowing body and mind to harmoniously relax together, allowing stress and tension to melt away. This class is a perfect complement to the more dynamic and energetic practices offered.

PILATES

Ease away life's aches and pains with this Low impact, although challenging class, aimed at core strength, postural alignment, achieving length, strength and flexibility.

VINYASA YOGA

These indulgent smooth transitions between yoga asanas, and dynamic movements using the breath to help control strength and balance of the mind and body.

PILATES FLOW

Pilates based workout that builds flexibility and strength and leaves you feeling centred and calm. Controlled breathing, concentration and a carefully structured series of stretches, moves and poses to music create a holistic workout that brings the body into a state of harmony and balance.

YOGA

Chill out with the relaxed atmosphere, practice varied yoga techniques and principles to suit all abilities.

YOGA STRETCH

A calming and elegant class, yoga poses stretch and strengthen your muscles and increase your range of motion and your balance.

MEDITATION AND BREATH WORK

Improve your mental, physical and spiritual wellbeing by developing a better awareness of your breath. A practical class with meditation practices' with a focus on breathing.