

Yoga


REETHI FARU RESORT
RAA ATOLL • MALDIVES

with Prashant

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
07:30 – 08:15	SURYA NAMASKARA SESSION free	HATHA YOGA Chargeable (on the beach)	YOGA free	VINYASA YOGA Chargeable (on the beach)	POWER YOGA free	ASHTANGA YOGA Chargeable (on the beach)
17:00 – 17:30	PRANAYAMA free	CYCLIC MEDITATION free	YOGIC RELAXATION TECHNIQUE free	PRANAYAMA free	CYCLIC MEDITATION free	YOGIC RELAXATION TECHNIQUE free
18:00 – 18:45	YOGA free	HATHA YOGA chargeable; free for AI and AI Premium	POWER YOGA free	THERAPY YOGA chargeable; free for AI and AI Premium	YOGA free	ASHTANGA YOGA chargeable; free for AI and AI Premium

*chargeable sessions - \$20 per person (advance booking required)
private sessions on request - \$30 per person, 60 min.*

*Please book your classes in advance through Reception, extension "0".
Prices are subject to 27.6% service charge and government taxes.*

**"Health is wealth.
Peace of mind is happiness.
Yoga shows the way."**

Vishnudevananda Saraswati

