



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