



Yoga

Begun in India, the history of yoga stretches back more than five millennia. It focuses on body postures (known as asanas), combined with meditation and breathing exercises. Through multiple series of asanas, one improves mental-awareness, physical fitness and stress control. Furthermore, yoga has a profound effect on blood circulation and on the functioning of the inner organs, glands and nerves. By keeping all systems in radiant health, yoga can lead to greater energy, better concentration, and a happier, more fulfilling life.

Stretch your body and mind with our world-class yoga classes.

Location	In-villa
Instructor	Activity Instructor
Level	Beginner - Advanced
Availability	Beginner: Every day Advance: Monday to Friday
Booking	24 hours advance notice (Subject to availability)
Duration	75 minutes
Private Sessions	2,000 Baht/Person
Class Lesson	200 Baht/Person
Including	Cold towel, water, and mats will be provided