



BANYAN TREE
— SPA —
Sanctuary For The Senses

ESSENCE OF YOGA

Yoga is an ancient and holistic system of harmonising body, heart and mind. Yoga tones the muscles without straining them, promotes healthy blood flow, combats fatigue, balances the neuro-endocrine system, stabilises emotions, reduces stress and reconciles all contraindications.

INTEGRATED YOGA & MEDITATION **60 MINUTES**

Integrated Yoga promotes harmony between thoughts, words and deeds, or integration between head, heart, and hands. This basic class serves as an introduction to the unique experience of Yogic exercises and meditation.

YOGA FOR COMPLETE WELLNESS **60 MINUTES**

Learn the everyday techniques you can use to balance your mind, body and spirit. Look into your inner soul through some traditional yoga postures synchronised with breathing patterns and a blend of meditation.

YOGA FOR BACK RELIEF **60 MINUTES**

Yogasanas and Pranayamas are specially designed for relaxing and rejuvenating back muscles and ligaments, without straining them. More concentration is given on supine and prone line postures.

BURN CALORIES THROUGH YOGA **60 MINUTES**

Intensive Yoga postures are utilised to burn extra calories. Postures involving abdominal muscles and waistlines are given more importance, even as your body grows stronger, more toned and more flexible.

YOGA SESSION SCHEDULES

Sun	Mon	Tue
1 st Group session	: 7.30 am to 8.30 am	
2 nd Group session	: 10.30 am to 11.30 am	
Private session	: Subject to availability	

Thu	Fri	Sat
1 st Group session	: 3.30 pm to 4.30 pm	
2 nd Group session	: 5.00 pm to 6.00 pm	
Private session	: Subject to availability	

Yoga sessions are not available on Wednesdays

Banyan Tree guests are invited to a complimentary yoga session per stay. Subsequent sessions are chargeable at US\$35 ++ per person for Private Session and US\$15++ per person for Group Session

Please note:

- Kindly make advance booking for your preferred yoga lesson
- Wear comfortable clothing like a pair of loose pants or track pants with T-shirt.
- Have your meal at least 1 hour before commencing on a yoga session
- Please inform the instructor of any health conditions.
- No jewellery to be worn at the spa. The management accepts no responsibility for the loss of money or valuables of any kind brought into the spa premises.
- Maximum of 4 participants for each session (first come first serve basis)