




# PRANA YOGA SALA

Activities Schedule

Day Time	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday						
07:00	Gentle Vinyasa L1 - Niti				Gentle Hata L1 - Niti								
08:00	Nirvana Yoga - Grace	Hata Stretch - Subhash	Vinyasa Stretch - Grace	Hata Yoga - Subhash	Vinyasa Flow - Grace	Prana Yoga - Subhash	Hata Yoga - Subhash						
09:00					Pilates - Alina	Workout Fitness - Alina							
10:00													
11:00													
12:00													
13:00													
14:00													
15:00													
16:00	Hata Yoga - Grace	Zumba - Oh			Hata Yoga - Grace	Vinyasa Flow - Grace	Hata Yoga - Grace						
17:00		Yin Yoga with Niti - Niti	Meditation - Niti	Niti Yoga - Niti									
18:00	Miracle of Sound - Niti				Miracle of Sound - Niti								
19:00													

Miracle Of Sound

A Crystal Bowl guided Meditation session for Level 1 (45 minutes) with the the healing sounds resonating with the Chakra energy centers leading to the balance state of Consciousness.  
Level 2 (60 minutes) non guided Meditation sessions are available on Wednesdays for an extra cost.

Price	<b>500 ++ THB</b>	Per person	(++ Exclusive of 10% service charge and 7% VAT)
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\* 8.00 am Yoga can be booked at the Spa individually a day in advance.

\* Other sessions minimum 2 person booking required with a day in advance booking.

