



BALANCE

Find yours through yoga

TALISE
SPA

Yoga Timetable

Find your flow through Yoga in the serenity of Talise Spa, Madinat Jumeirah. Guests are invited to experience the harmonising effect of Yoga, working to build strength in body and mind, improve physical coordination and bring peace through meditation.

Sun	Mon	Tue	Wed	Thu	Fri	Sat
Asthanga Yoga 6.30pm	Sunset Yoga 6.30pm	Vinyasa Yoga 6.30pm	Sunset Yoga 6.30pm	Yin Yoga 6.30pm	Hatha Yoga 5.30pm	Hatha Yoga 5.30pm

- * In case of challenging weather condition, reservation is required. Limited indoor space for maximum 7 guests.
- * Classes are subject to change without prior notice
- * Please contact our receptionist for the location
- * Valid until 30th of September 2019

Hatha Yoga

This session combines different Hatha Yoga postures and breathing exercises. (Suitable for all levels)

Yin Yoga

This is a deep and still practice of patience where postures are held for periods of time. (Suitable for all levels)

Beach / Sunset Yoga

This is a Hatha yoga based class with sun salutations. (Suitable for all levels)

Asthanga / Vinyasa Yoga

This dynamic practice synchronizes breath and movement to purify the body. (Advanced levels)

For more information and reservations please contact:

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