

# YOGA

Yoga is a discipline with ancient origins, through meditation it can help us to know ourselves. Practice yoga to gain inner peace and balance by combining Hatha and Vinayasa Yoga, Pranayama and meditation. Our individual yoga classes are designed for all levels to enhance your vitality and rejuvenation.

**PRIVATE CLASS (PER PERSON)**  
IDR 790,000++

**PRIVATE CLASS FOR COUPLES**  
IDR 1,150,000++

Private Yoga classes with our Japanese or English speaking yoga teacher are available daily on request. Please allow us at least one day in advance to schedule your personal session.

Classes can start anytime between 7 AM and 12 PM or after 6 PM for evening sessions. Kindly contact us at **SPA Air** or at the reception for bookings and requests.

**SPA AIR**  
PURIFYING & REVITALIZING

