

SPA AIR

# 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 Yoga Classes:**

with English or Japanese or Indonesian speaking yoga guru are available daily on request. Please allow us one day in advance to schedule your session.

starting from

**IDR 790,000++ / person**