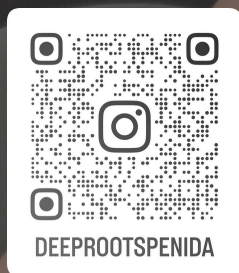


YOGA PRICELIST



DROP IN

100K	Meditation Class
170K	Single Drop In
250K	Yoga + Meditation
140K	Local / Kitas Holder

CLASS PASS

VALID FOR 30 DAYS
FROM DATE OF PURCHASE

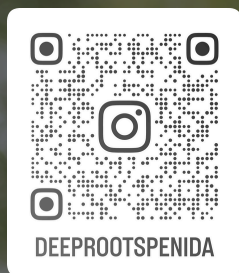
475K	3 Classes
765K	5 Classes
1.4M	10 Classes

7 DAY UNLIMITED

VALID FOR 7 DAYS
FROM DATE OF FIRST CLASS

1M	Outside Guest
900K	In-House Guest
800K	Local / Kitas Holder

SPECIAL OFFERS



WORKSHOPS

ON DEMAND

450K 1 Workshop

450K 1 Private Class

CACAO CEREMONY

450K Full Moon Ceremony

500K Private Ceremony

TAROT READING

1.2M 1 on 1 (60 Mins)

1.5M Couples Session
(75 Mins)

REIKI & BODYWORK

650K Bodywork (60 Mins)

1.2M Reiki (60 Mins)

1.6M Reiki & Body Work
(90 Mins)

Daily Class Schedule

SUN	08:00 POWER SCULPT	9:00 GUIDED MEDITATION	17:00 DEEP STRETCH
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MON	08:00 MOVE+ MOBILIZE	9:00 GUIDED MEDITATION	17:00 GENTLE YOGA
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TUE	08:00 HATHA YOGA	9:00 GUIDED MEDITATION	17:00 RESTORATIVE
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WED	08:00 FLUID FLEXI	9:00 GUIDED MEDITATION	17:00 DEEP STRETCH
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THU	08:00 MOBILITY	9:00 GUIDED MEDITATION	17:00 STEADY STRENGTH
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FRI	08:00 WARRIOR WORKOUT	9:00 GUIDED MEDITATION	17:00 RESTORATIVE
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SAT	08:00 HATHA YOGA	9:00 GUIDED MEDITATION	17:00 SLOW BURN FLOW
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CLASS DESCRIPTION

POWER SCULPT

SUNDAY
8:00AM

A high-energy class combining strength training and yoga-inspired moves to tone muscles, build endurance, and boost fitness.

CLASS DESCRIPTION

MOVE+ MOBILIZE

MONDAY & THURSDAY
8:00AM

A dynamic session focused on improving joint mobility, flexibility, and overall range of motion through mindful movement.

CLASS DESCRIPTION

HATHA YOGA

TUESDAY & SATURDAY
8:00AM

A steady-paced yoga class combining gentle to intermediate poses, breathwork, and focused attention to improve balance and flexibility.

CLASS DESCRIPTION

FLUID FLEXI

WEDNESDAY
8:00AM

A smooth, flowing practice designed to lengthen muscles, increase flexibility, and release tension through graceful movements.

CLASS DESCRIPTION

WARRIOR WORKOUT

FRIDAY
8:00AM

An empowering blend of strength, balance, and cardio moves inspired by yoga's warrior poses for a strong, confident body.

CLASS DESCRIPTION

DEEP STRETCH

SUNDAY & WEDNESDAY
5:00PM

A slow, relaxing class holding stretches for longer periods to release tight muscles and improve flexibility.

CLASS DESCRIPTION

RESTORATIVE

TUESDAY & FRIDAY
5:00PM

A deeply calming class using props to support the body in gentle poses, helping you reset, restore, and relax.

CLASS DESCRIPTION

GENTLE YOGA

MONDAY
5:00PM

A slow and soothing yoga practice
perfect for beginners or anyone
wanting to unwind and move with
ease.

CLASS DESCRIPTION

STEADY STRENGTH

THURSDAY
5:00PM

A controlled, low-impact strength class focusing on building stability, balance, and muscle tone at a steady pace.

CLASS DESCRIPTION

SLOW BURN FLOW

SATURDAY
5:00PM

A mindful, heat-building flow that moves at a slower pace, allowing you to deepen your strength, control, and alignment.

CLASS DESCRIPTION

GUIDED MEDITATION

EVERYDAY
9:00AM

A gentle space to pause, breathe,
and return home to yourself.

Slow down and reconnect with
your inner world through grounding
breathwork, simple somatic cues,
and soothing visualisation.

WORKSHOPS

CHAKRA

Journey through the seven energy centers with movement, breath, and reflection. Discover balance and harmony from root to crown.

BLINDFOLD YOGA

Let go of sight and deepen your inner awareness. A guided experience to awaken your senses, intuition, and connection within.

WORKSHOPS

YOGA NIDRA

Experience deep rest through guided relaxation. This meditative journey soothes the nervous system and restores body, mind, and spirit.

ART OF SEQUENCING

Learn the principles behind creating meaningful and balanced yoga sequences. Perfect for teachers and practitioners seeking creative flow.

WORKSHOPS

PARTNER YOGA

Connect through movement, trust, and play. This class explores balance, support, and communication as you flow together in paired poses.

ARM BALANCE & INVERSION

Build strength, focus, and confidence as you explore the foundations of arm balances and inversions step by step, safely and mindfully.

WORKSHOPS

BEND & TWIST

Awaken your spine and release tension through heart-opening backbends and cleansing twists. A class to expand, energise, and detoxify.

MYOFASCIAL RELEASE

Learn to release tightness and tension with gentle self-massage techniques. A powerful practice to improve mobility and relaxation.

WORKSHOPS

ASANA LAB

Dive deeper into alignment, technique, and anatomy. Break down key poses to refine your practice and build greater body awareness.

MENTORING FOR TEACHERS

This workshop is for yoga teachers seeking more confidence, clarity, and authenticity in how they show up. Through practical tools, creative prompts, and open discussion, you'll learn to teach from an embodied place.

WORKSHOPS

FACE YOGA & GUA SHA SELF CARE

You'll learn simple facial movements and safe Gua Sha techniques to soften the jaw, neck, and face, while calming the nervous system and turning daily skincare into a grounding ritual of self-connection.