



YOGA

ANGSANA LAGUNA PHUKET

With Yoga, relax your mind, body and soul, while achieving mental and physical well-being through various yoga postures, breathing techniques and deep relaxation. Pilates lengthens and stretches the major muscle groups in the body in a balanced fashion.

TIME	TUE	WED	THU	FRI	SAT
8.30 - 9.30	Sun Salutation Yoga*				
10.30 - 11.30	Pilates*				
14.00 - 15.00	SUP Yoga* available every Thursday (Max 4)				

GROUP SESSION	1 Class	THB 550++
	6 Classes	THB 2,500++ (valid within 7 days)
	12 Classes	THB 4,500++ (valid within 14 days)
	Unlimited Classes	THB 6,500++ (valid within 30 days)
PRIVATE SESSION	1 Class	THB 800++

*Free of Charge for Angsana Laguna Phuket in-house guests and require to be booked 1 day in advance.

