

YOGA

for Travellers

15€ per person



No experience needed.
Just arrive exactly as you are.

Hosted by guest yogi
TRISHALIA ALWAR
— CERTIFIED YOGI —



SHARE.
BREATHE.
RECONNECT.

Join us for a revitalising morning yoga flow designed to help you move, breathe and reconnect during your stay.

A calm, energising start to your day.
All levels welcome.



WHAT TO EXPECT

- Gentle & revitalising movement
- Breathwork to refresh your mind
- Stretches to release travel tension
- Mindfulness & deep relaxation
- Suitable for all levels



WHAT TO BRING

- Comfortable clothing
- A towel (optional) for extra cushioning
- A bottle of water

PROVIDED BY
MASA HOTEL

- Yoga mats



CLASSES COMMENCE

8 AUG

We can't wait to practice with you! ♥



TIME

(Duration: 45 minutes
for each session)
Morning Session: 7:00 am to 7:45 am
Afternoon Session: 6:30 pm to 7:15 pm



VENUE

Hotel Lapa
Conference Room
(Piso -1 / Floor -1)



LANGUAGE

Classes will be
conducted in English



SUITABLE FOR

- ✓ All experience levels
- ✓ Complete beginners welcome
- ✓ Ages 16s



PHOTOS & CONTENT

Photos and short videos may be captured during the session for Masa Hotel's website and social media.



SPACES ARE LIMITED.

REGISTER AT THE SPA.

Open to all in-house guests.

YOUR WELLNESS JOURNEY CONTINUES

Explore our full range of wellness & spa experiences

HEATED INDOOR POOL & JACUZZI



Relax and rejuvenate
in the perfect sanctuary.

SAUNA & TURKISH BATH



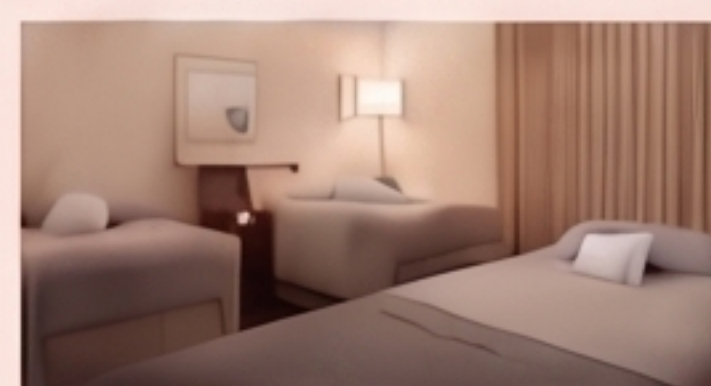
Purity, unwind and restore
your body and mind.

FITNESS CENTER



Stay active with state-of-
the-art equipment.

MASSAGE & TREATMENT ROOMS



Indulge in expert therapies
for total relaxation.

YOGA FOR TRAVELLERS



Complimentary yoga
sessions for our guests.



Take a pause. Breathe. Reconnect.

WE LOOK FORWARD TO SHARING THIS EXPERIENCE WITH YOU.