

COCO SPA

YOGA DAY BY DAY

Wind down and allow the sound of gentle waves to ease your mind with this class, encompassing meditation, breathing and more....

Time	Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
08-09 hrs.	Sunrise Yoga Price : USD 34	No lessons on Monday	Sunrise Yoga Price : USD 34	Hatha Yoga Price : USD 34	Yoga Awakening Price : USD 34	Yoga Awakening Price : USD 34	Hatha Yoga Price : USD 34
09.30-10.30 hrs.	Pranayama* Price : USD 34		Pranayama* Price : USD 34	Pranayama* Price : USD 34	Pranayama* Price : USD 34	Pranayama* Price : USD 34	Pranayama* Price : USD 34
11-12 hrs.	Yoga Therapy* Price : USD 67		Yoga Therapy* Price : USD 67	Yoga Therapy* Price : USD 67	Yoga Therapy* Price : USD 67	Yoga Therapy* Price : USD 67	Yoga Therapy* Price : USD 67
15-16 hrs.	Yoga Nidra* Price : USD 34		Yoga Nidra* Price : USD 34	Yoga Nidra* Price : USD 34	Yoga Nidra* Price : USD 34	Yoga Nidra* Price : USD 34	Yoga Nidra* Price : USD 34
16.30- 17.30 hrs.	Deeper Relaxation& Meditation Price : USD 67		Deeper Relaxation&Meditation Price : USD 67	Deeper Relaxation&Meditation Price : USD 67	Deeper Relaxation&Meditation Price : USD 67	Deeper Relaxation&Meditation Price : USD 67	Deeper Relaxation&Meditation Price : USD 67
18-19 hrs.	Hatha Yoga Price : USD 34		Evening Yoga Price : USD 34	Sunset Yoga Price : USD 34	Sunset Yoga Price : USD 34	Hatha Yoga Price : USD 34	Evening Yoga Price : USD 34

Note : *Private yoga

Pranayama: The Art of Yogic Breathing) In a yogic point of view, propepr breathing is to bring more oxygen to the blood and to the brain and to control Prana the vital life energy. Learn the importance of proper breathing in this session. - U\$ 34 per person

Yoga Therapy: This section includes the therapeutical practice of Yoga for certain ailments like Blood Pressure, Diabetes, Asthma, Tension Headache etc. It also helps in increasing the efficiency of partucular systems like digestive system, reproductory system/Genital system etc. - U\$ 67 per person

Note : Case has to be informed a day before.

Yoga Nidra (Yogic Conscious Deep Sleep)Yoga Nidra to master the art of Yogic sleep. By practicing Yoga Nidra For a minimum of 20 minutesto balance the subtle energies, and to experience greater depths of meditation & Relaxation. - U\$ 34 per person

Deeper relaxation& Meditation This is a combination of Pranayama, Surya Namaskara & Yoga Nidra. 20-30mints of deeper relaxation & Meditation at any convinient time is equalant to 4 hours of sound sleep and it increases your immunal power, resist you from Psycy somatic diseases- U\$67 per person

VENUE: In Villa / Yoga Pavillion or as recommended by the Yoga therapist

PRICE: As per price list (subject to 10% service charge)

Please book at least 6 hours prior to the session

All Prices are subject to 10% service charge

Remarks : In villa class subject to 10% additional charge