

# Wellness Yoga Classes

Feel good, move well, and reset your rhythm.

SUN

## Sunrise Flow

07:00 am - 08:00 am  
At Kuredhi Pool Bar

MON

## Prayanama & Meditation

07:00 am - 08:00 am  
At Wedding Pavillion  
USD 25

TUE

## Private Session

USD 150

WED

## Restorative Sunset Yoga

05:30 pm - 06:30 pm  
At Beach Area  
USD 25

THU

## Breath & Balance

05:30 pm - 06:30 pm  
At Beach Area

FRI

## Private Session

USD 150

SAT

## Private Session

USD 150

For queries and reservations, dial "0" from your in-villa telephone, contact our Digital Concierge, or visit the Reception.