

# YOGA, THE UNION OF MIND, BODY AND BREATH IN AWARENESS



## CUSTOMISED PRIVATE SESSIONS

### Pranayama and Dhyana

Breathing exercises and meditation

30 minutes

THB 1,350 net per person.

Experience and learn simple but effective ancient techniques that combat stress and lead you to a more peaceful and joyful state of mind.

### Yoga for Sleep

1 hour

THB 2,100 per person.

In today's world, overwork, emotional, physical and mental stress could be reasons for lack of sleep, or insomnia. Yoga has been proved very effective in releasing stress through time-tested techniques and lifestyle practices that help restore our natural rhythm of sleep effortlessly.

### Yoga for One

1 hour / 1 hour 30 minutes

THB 2,100 / 2,900 per person.

Learn and practise in a customised one-on-one session.

### Yoga for the Young

1 hour / 1 hour 30 minutes

THB 2,100 / 2,900 per person.

For the age group 8 to 18 years.

### Yoga for Couples

1 hour / 1 hour 30 minutes

THB 3,400 / 4,700 per couple.

Nurture your relationship with these valuable techniques.

## Note:

- Complimentary group sessions are available every morning for guests of Mandarin Oriental, Bangkok.
- Private sessions and customised programmes are available upon request.
- Yoga may be very helpful in certain health concerns like stress, sleep problems, backache, headache and high blood pressure. We offer customised sessions to support coping with many health conditions.
- We highly recommend a 1 hour 30 minute session for a complete Yoga experience.
- Please make your reservations at least 24 hours in advance for private sessions.
- Yoga is best practised on an empty stomach. Please try to avoid eating a heavy meal for at least 3 hours prior to your Yoga session. Dress comfortably with no belts or buckles.
- We recommend you consult your physician in case of specific health concerns before commencing Yoga practices.
- Please inform us of any health issues or concerns before the session begins so that you receive both the required attention and maximum benefit from the programme.

All prices are subject 7% Government Tax and 10% Service Charge.

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Practising Yoga is the ideal way to achieve healthier and more peaceful living. In Sanskrit, Yoga means 'union', the union of the mind, body and breath into awareness through various techniques, encompassing Asanas (postures) for the healthy body; Pranayama (breathing exercises) for steady breath; Dhyana (meditation) for a stress-free mind and Yoga Nidra (yogic relaxation) for the deepest rest, eventually leading us into a blissful state of being.

At Mandarin Oriental, Bangkok, we are delighted to offer an extensive range of Yoga programmes, from lively group sessions to one-on-one private classes, tailored to meet your specific needs.

Our Yoga sessions are designed and conducted by resident Yogic lifestyle trainer **Neelam Khatri**. Neelam has extensive experience teaching Yoga and conducting workshops, retreats and programmes for individuals, groups, and children. She has been actively associated with many projects of The Art of Living Foundation, including teaching Yoga at the highly acclaimed The Oberoi Rajvilas in Jaipur, India.

## COMPLIMENTARY GROUP SESSION WITH NEELAM KHATRI

Yoga sessions are available every day except Sunday and Monday.

**Praphat Sadhana**  
Yogic practices at dawn  
7:30 am everyday

A delightful way to begin your day, leaves you focused imbued with clarity, vitality and enthusiasm for the day.

**Sandhya Sadhana**  
Yogic practices at dusk  
3.00 pm Every Thursday  
4.30 pm Every Friday & Saturday

A serene way to end the day with breathing exercises and guided meditation which help assimilate the day's experiences and release the unwanted. It helps to ensure a good night's rest.



THE  
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SPA

The Oriental Spa

Telephone: +66 (2) 659 0444

Facsimile: +66 (2) 439 7885