



CLASS SCHEDULES

Yoga

Monday, Wednesday, Thursday, Sunday

60 minutes

Starting at 8.30 am

Meeting Point: Spa Lobby

Prague Harriers CZ

Tuesdays

60 minutes

starting at 7.30am

Meeting Point: Hotel Courtyard

For more details kindly contact our Spa Concierge at +420 233 088 655.

THE SPA AT MANDARIN ORIENTAL, PRAGUE
Nebovidská 459/1, 11800 Prague 1, Czech Republic Telephone +420 233 088 655
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Yoga Practitioners The Spa at Mandarin Oriental, Prague

ZIGGY (Wednesday and Thursday)

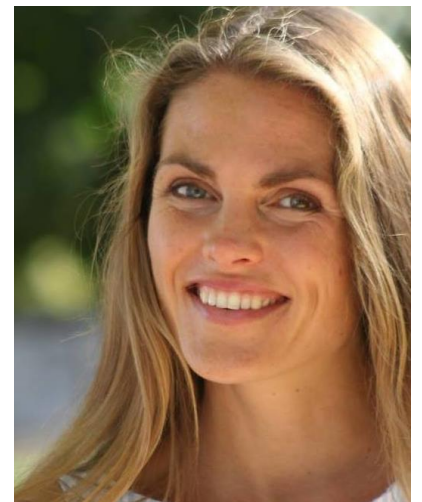
HATHA YOGA

The focus of the class is physical and mental well-being. During the class, we will gently stretch and strengthen main muscle groups. Extra attention is given to abdominal and back muscles along with supple spine. Conscious and easy movements lead to release of excess tension (stress). When the body, breathing and mind are relaxed, energy levels and concentration improve. Regular practice is beneficial to every aspect of an individual. The class is perfect for clients who want to relax and do meditation.



ROMANA (Monday and Sunday)

Therapeutic yoga is a restorative method. Simple movements performed rhythmically on the wave of the breath have a rehabilitating impact on the whole organism and help to easily achieve a meditative state of mind. The class is suitable for beginners and semi-advanced practitioners who want to relax their bodies and minds, and improve their flexibility in a gentle way without the will to go to the "extremes". Clients who like to move, stretch and stay active during the lesson will enjoy the class.



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