



rejuvenate.....your body and your mind...
 release..... stress and toxins...
 renew..... your senses and spirit...
 relax..... into yourself....

Wake Up to Wellness

**Sunrise Yoga and Meditation
 Tuesday, Thursday, at 8.00am.**

Gentle yoga flow to awaken body and mind – open to beginners through to advanced.



group yoga and meditation + one on one sessions available

The award-winning Pathways Spa is now offering new yoga and meditation classes. Recharge and enhance your energy with our visiting practitioner Justine who will guide you through different styles of yoga and meditations through physical alignment and energy enhancement with the sound vibration of singing bowls. By integrating body, breath movement and meditative awareness, Justine will guide you with a fusion of kundalini principles, qi gong and other philosophies blended together to leave you feeling aligned, more awake and aware, and vibrantly healthy. And if all this wasn't enough you can indulge yourself with our unlimited spa treatments and massages afterwards.

**THB 1,000 net per person
 pre-booking for class required
 prices are inclusive of 10% service charge and 7% vat**