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## The Sarojin Expands Its Spiritual Experiences With New Yoga Classes

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The Sarojin, Thailand's luxurious 56-roomed boutique residence, has launched brand-new yoga classes to help guests make the most of Khao Lak's serenity and the hotel's tranquil setting. Enhancing its spiritual experiences, which include the opportunities to visit local temples, offer Alms to local Buddhist monks and receive spiritual blessings of love, the new classes are perfect for those looking to add some mindful exercise and meditation to their luxury stay.

Led by The Sarojin's guest yoga teacher, Justine Capdevielle, guests are guided through a restorative session of stretching and toning with Vinyasa Yoga. Starting at 8:30am in the gardens by the residence's stunning pool, the classes make the most of the serene location and are the perfect way to start the day.



Taking place on Tuesdays and Thursdays for 75 minutes, the classes are limited to five people, ensuring Justine can spend time guiding each guest through the ideal alignment and technique.

For those wanting to work up a purifying sweat that detoxifies muscles and organs, Ashtanga yoga can be taught on request. Synchronising the breath with a progressive series of postures, this form of yogic practice is perfect for a cleansing start to the day.

Kundalini yoga, a method which focuses on meditation, mantra chanting and yoga asanas is also available, helping guests awaken their Kundalini energy and work on their mindfulness.

Group classes (up to five people) costs THB 1,000 per person (approx. £22). Private classes are also available on request.



With The Sarojin's Summer Offer, guests can enjoy 50% off stays between now and 31 October 2018, plus an extra 10% off stays between 10 May and 30 September 2018, when booked 30 days or more prior to arrival, with Garden Residences starting at just THB 6,874\* (approx. £153\*) per night for two people, inclusive of the all-day a la carte breakfast and taxes.

For further information on The Sarojin, please visit: [www.sarojin.com](http://www.sarojin.com) and The Sarojin 360 Tour