



YOGA CLASSES

- **GENTLE YOGA:** Slow movements linked to breathing creating flexibility in the muscles and emotions. The result is greater mobility in the joints and surrounding tissues. In this class, a meditation exercise will also take place to rid the body of negative energy.
- **VINYASA FLOW:** Dynamic movements accompanied with breathing exercises to promote circulation, strength & mobility, while freeing the soul from negative energies. This in turn will create more smooth flowing energy and balance in the body, physically and mentally.

GENTLE YOGA

SUNDAYS 9:00AM
TUESDAYS 9:00AM

VINYASA FLOW

MONDAYS 10:00AM
WEDNESDAYS 10:00AM

1 Pass	15KD
4 Passes	55KD
6 Passes	75KD
8 Passes	85KD
Private Session	30KD



Who can attend this class?

- ✓ Group Class
- ✓ 16 +; suitable for elderly
- ✓ All Levels
- ✓ Women only
- ✓ Instructor Language: Arabic

Reserve your class
95502801

For more information
visit our website
www.fshnkuwait.org



Click here to find us Sabah Al Salem, Block 1, Street 132, Fawsec Campus