

Yoga at SKY STUDIO

RATES

RESIDENT GUESTS

FIRST CLASS **FREE**

SECOND CLASS **R140**

GROUP YOGA

DROP IN/SINGLE CLASS

R160



GROUP YOGA SCHEDULE

MONDAY

RISE & REBALANCE YIN YOGA
8 - 9 AM

TUESDAY

FOUNDATIONAL VINYASA FLOW
8 - 9 AM

WEDNESDAY

VINYASA MOVE & FLOW
6:30 - 7:30 AM

THURSDAY

RISE & REBALANCE YIN YOGA
8 - 9 AM

FRIDAY

VINYASA MOVE & FLOW
6:30 - 7:30 AM

SATURDAY

VINYASA MOVE & FLOW
6:30 - 7:30 AM

RISE & REBALANCE YIN YOGA

Slow-paced, meditative yoga with poses held for several minutes promoting flexibility and mindfulness.

FOUNDATIONAL VINYASA FLOW

Anyone seeking to refine fundamental yoga skills before moving on to more complex sequences and poses.

VINYASA MOVE & FLOW

A faster moving yoga class offering dynamic movement for building strength & shifting energy.



Judy is a RYA Certified Yoga Instructor that will be guiding you on a Yoga journey of mindfulness and wellness. Judy specialises in Vinyasa, Ashtanga & Yin yoga, she is here to help you discover balance, flexibility, strength and serenity through movement, meditation and breathing.

Contact Judy Dicks on +27 (0)72 039 6139

CONTACT

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