



Discover your inner self and enhance your suppleness through our different yoga practices available at Shangri-La, Muscat. Designed for every skill, you can opt for individual or small group sessions enabling you to achieve optimal benefits.

PRIVATE SESSIONS

AERIAL YOGA

A unique and exciting way to enhance your strength, flexibility, and balance while suspended in a soft fabric hammock. Perfect to restore length and openness in your spine during this fun and liberating class.

60 minutes session, OMR 25

PRIVATE YOGA

A personalised yoga session with curated practices and poses to ensure you meet your needs and goals.

60 minutes session, OMR 20

GROUP SESSIONS

AERIAL FLOW YOGA

A dynamic and challenging practice that combines traditional yoga poses with aerial hammock movements and through a series of fluid and graceful transitions. Ideal to increase your strength, flexibility.

60 minutes session, OMR 10 | A minimum of 3 persons is required

STAND UP PADDLE BOARD YOGA

Take in the beauty and serenity of practicing yoga on a stand-up paddle board as you flow through poses on the water.

60 minutes session, OMR 10 | A minimum of 3 persons is required

DYNAMIC FLOW YOGA

A challenging form of yoga which emphasizes smooth transitions and mindful awareness, incorporating strength, balance, and flexibility into a continuous flowing sequence of postures.

60 minutes session, OMR 4 | A minimum of 3 persons is required

GROUP SESSIONS

GENTLE FLOW YOGA

With a softer approach, you will be taken through a sequence of yoga postures in a slow and deliberate manner, with a focus on gentle stretches, breath awareness, and self-care.

60 minutes session, OMR 4 | A minimum of 3 persons is required

RESTORATIVE YOGA

A practice that promotes deep relaxation and release of tension using props and passive poses to help you find peace and relaxation in your body and mind.

60 minutes session, OMR 4 | A minimum of 3 persons is required

YOGALATES

A dynamic blend of yoga and pilates movements that will challenge your body and mind.

60 minutes session, OMR 4 | A minimum of 3 persons is required

VINYASA YOGA

A coordinated flow combining movement and breath, building heat and strength in your body. This class will leave you feeling refreshed, revitalised, and ready to take on the day.

60 minutes session, OMR 4 | A minimum of 3 persons is required

AQUA YOGA

A low-impact practice that offers a unique opportunity to enhance your flexibility, balance, and relaxation while enjoying the therapeutic effects of water.

60 minutes session, OMR 10 | A minimum of 3 persons is required

ASTANGA VINYASA YOGA

A rigorous and structured practice that follows a specific sequence of poses and power yoga, a fast-paced and physically demanding style that builds strength and stamina.

60 minutes session, OMR 4 | A minimum of 3 persons is required

MEETING POINT:

Health Club in Al Bandar gym

For more information and bookings, please call 2477 6825

