



TWO-DAY YOGA IMMERSION WORKSHOP

This yoga fundamentals workshop is great for beginners wanting to start their practice or for seasoned yogis with a desire to refresh their knowledge. We will focus on: alignment for foundational asanas (yoga postures), basic yoga sequences, pranayama (yogic breathwork) and mediation techniques.

Cost: One Day - 1000 Baht | Two Days - 2000 Baht

Location: Sunset Hill Resort (Rooftop Studio)

DAY 1 EVERY MONDAY AND WEDNESDAY

- Breakdown of alignment for foundational asanas
- Introduction to traditional yogic breathwork techniques
- Introduction to meditation

DAY 2 EVERY TUESDAY AND THURSDAY

- Introduction to basic yoga sequencing
- Continuation of traditional yogic breathwork techniques
- Home meditation practice exercises

DAILY SCHEDULE:

7:30 - 8:15AM - YOGA ALIGNMENT CLASS + PRANAYAMA (YOGIC BREATHWORK)

8:30 - 9:30AM - VINYASA FLOW CLASS WITH HANDS-ON ADJUSTMENTS

5:00 - 6:00PM - SUNSET RESTORATIVE YOGA CLASS

6:00 - 6:30PM - MEDITATION INSTRUCTION + GUIDED SESSION

For bookings visit Sunset Hill Reception, call +66 (0)89 9733205,
or email: info@sunsethillresort.com
Bookings will be accepted until 7pm the night before the class starts.