



THE
CIRCLE OF
CONNECTION
SPA

WELLNESS GUIDE

| | Monday | Tuesday | Wednesday | Thursday | Friday | Saturday | Sunday |
|---------|---------------------------|---------|------------------|---------------|-------------------------|---------------------------|-------------------------------|
| 7:00 AM | | | Sunrise Yoga* | | | | |
| 9:30 AM | | | | Hatha Yoga | Stretch and Renew | | Introduction to Meditation |
| 4:00 PM | Sound Bath Journey* | | Afro Yoga* | | | Sound Bath Journey* | Vinyasa Yoga* |
| 6:00 PM | | | | | Sunset Yoga* | | |

TO BOOK OR ENQUIRE, PLEASE CONTACT THE CIRCLE OF CONNECTION SPA.

All classes take place at the Yoga Pavillion in the Circle of Connection Spa, except for sunrise and sunset yoga, for which the meeting point is at the Arrival Lounge.

SOUND BATH JOURNEY

Each singing bowl is tuned to different frequencies that create healing properties for your body, mind and spirit. Bathe in sounds and vibrations in this deeply relaxing, meditative experience.

VINYASA FLOW YOGA

Vinyasa translated from Sanskrit means "connection." Beginning with sun salutations, we explore connected postures and flow with original transition. The cardio aspect of this class will provide the opportunity to develop a sense of body awareness, balance and harmony.

STRETCH AND RENEW

A class that emphasizes the deep stretches of all major muscles and connective tissues through a series of slow movements and breath awareness.

AFRO YOGA

A fusion of the traditional afro dance and therapeutic yoga asanas (postures) intended to guide you to connect with your roots and earth, in an inclusive and diverse environment, free of any judgement.

HATHA YOGA

A slow and steady exploration of classic asanas (postures) and pranayamas (breathing).

INTRODUCTION TO MEDITATION

Wipe away stress and bring in inner peace. The emotional benefits of meditation can include gaining a new perspective on stressful situations, building skills to manage your stress, increasing self awareness and focusing on the present.

SUNRISE YOGA

In yoga, Mornings are considered as a divine time. The early sunrise light brings clarity, creativity and peace to the mind and body. This class is designed for all levels of practice with a unique flow of postures, breathwork and a relaxing meditative Savanna.

SUNSET YOGA

A healing yoga experience against the remarkable view of the Indian Ocean as the sun sets allows the energy of the island to restore your body, mind and spirit. This session is a diverse practice that will guide you to reconnect with yourself.



FOUR SEASONS
RESORT
SEYCHELLES AT DESROCHES ISLAND

*Classes are priced at EUR 25 per person.

All prices are in Euros and subject to 10% service charge and 15% government tax.