



FOUR SEASONS  
RESORT  
SEYCHELLES

## WELLNESS GUIDE

TIME	MONDAY	TUESDAY	FRIDAY	SATURDAY	SUNDAY
8:30 am	Power Hour	Mountain Meditation**	2022	Hatha Vinyasa Yoga	Yoga 101
3:30 pm	Earth*	Yin Flow	Water*	Air*	Fire*

\*EUR 15 charge per person, per class

\*\* EUR 30 charge per person, per class

Private sessions are available upon request. Due to limited availability, please contact Le Syel Spa in advance to reserve your place. If there are no advanced reservations, the class may be cancelled. All prices are subject to 15% VAT and 10% service charge.

### Hatha Vinyasa Yoga

Energizing and uplifting class focusing on strength and endurance. The class starts with awareness of the breath, using it as a tool to maintain the energy while flowing through postures, linking movements, to attain balance in the mind and body.

Suitable for guests with a basic level of fitness.

### Power Hour

A full body HIIT session focusing on main muscle groups as well as working with stamina and endurance.

Suitable for guests with a basic level of fitness.

### Earth: Root Chakra (Muladhara)

A 'grounding' practice that encourages a sense of peace from within. Postures will be focused on the legs, hips and lower back. Focusing on being present within the moment.

Suitable for all levels.

### Mountain Meditation

Includes a hike to enjoy the view from the mountain side while practicing mindfulness with breathing techniques and meditation. *Suitable with guest with previous experience of hiking. Weather permitting.*

### Yoga 101

This class is designed as an introduction to yoga, focusing on postures, developing safe alignment in foundational poses.

Suitable for all levels.

### Water: Sacral Chakra (Svadhithana)

Dive into a sense of deep release as this practice allows you to reconnect with yourself, balancing your emotions and finding your passion. Restorative poses and stretches will be held longer, supported with bolsters.

Suitable for all levels.

### Air: Heart Chakra (Anahata)

A heart-focused journey that nurtures the soul. Giving space to the body to be free, moving fluidly with play throughout the poses. Focusing on stretches to the spine & 'opening the heart', releasing stiffness from the neck and shoulders, simultaneously helping the posture.

Suitable for all levels.

### Yin Flow

A gentle pace in which stretches are alternated with active yoga poses. The class starts with a gentle warm-up, flowing into poses with combination of longer held stretches, ending with relaxation. *Suitable for all levels.*

### 2022

A quick routine to keep you moving, focusing on both strengthening and stretching to maintain balance within the body. Consists of 20 minutes strength training and 22 minutes stretching.

Suitable for all levels.

### Fire: Solar Plexus Chakra (Manipura)

An energizing practice to build up heat from within. Starting with the 'Breath of Fire' and power flow sequence to promote concentration and control, building stamina & strength. Cultivating confidence, self-esteem & willpower.

Suitable for all levels.



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