

SPA
EDITION

FITNESS AND YOGA MENU

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GENERAL INFORMATION

All guests participating in Yoga sessions must fill out the registration form and sign a liability waiver. Please let us know of any injuries or special health conditions you may have to assure the safest experience for you.

Please arrive at least 10 minutes before the class start to warm up the body.

Minimum age requirement is 10 years old, with signed consent form by parents.

All payments for classes and sessions must be made in advance at The EDITION Spa.

Children under 8 years of age may not be in the studio unattended.

All Yoga Sessions will end with Himalayan Sound Therapy, also a signature ritual in our spa.

BOOKINGS AND RESERVATIONS

To assure availability, all bookings and reservations must be made at least 24 hours in advance. Reservations can be made at the reception desk or via telephone to extension 5703.

ATTIRE AND ROOM POLICIES

Please wear respective clothing at all times.

Use of cell phone or other electronic devices is not allowed, as it may interfere with other guest's experience.

Yoga mats, towels and water is provided by The Yoga Studio.

FITNESS

	Hotel Guest	Outside Guest
Single session	AED 300	AED 400
10 sessions	AED 2700	AED 3600
Unlimited sessions	AED 3700	AED 4600

YOGA

HATHA YOGA

Hatha simply refers to the practice of physical yoga postures. The word "hatha" can be translated two ways: as "willful" or "forceful" or the yoga of activity, and as "sun" (ha) and "moon" (tha), the yoga of balance. Hatha practices are designed to align and calm your body, mind and spirit in preparation for meditation.

ASHTANGA YOGA

This dynamic, physically demanding practice synchronizes breath and movement to produce an internal heat designed to purify the body. Ashtanga yoga, with its many vinyasas, is great for building core strength and toning the body. Prepare to sweat as you briskly move through a set sequence.

POWER YOGA

Power yoga is a fitness-based Ashtanga Yoga. It has many of the same qualities and benefits, including building internal heat, increased stamina, strength, and flexibility, as well as stress reduction.

OM MEDITATION

Meditation is a practice of concentrated focus upon a sound, object, visualization, the breath, movement, or attention itself in order to increase awareness of the present moment, reduce stress, promote relaxation, and enhance personal and spiritual growth.

Single session	AED 300
5 Single sessions	AED 1350
10 Single sessions	AED 2250
Couple session	AED 400
5 Couple sessions	AED 1800
10 Couple sessions	AED 3400
Group session (maximum 10 persons)	AED 2000