

# SPA EDITION

## WELLNESS PROGRAM AT THE EDITION SPA

REVITALIZE YOUR MIND  
AND BODY WITH OUR YOGA CLASSES.  
GUESTS CAN CHOOSE FROM HATHA, ASHTANGA AND  
POWER YOGA AS WELL AS OM MEDITATION, WITH ALL SESSIONS ENDING WITH A  
TRADITIONAL HIMALAYAN SINGING BOWL EXPERIENCE THAT IS A SIGNATURE RITUAL AT  
THE EDITION SPA.

CLASSES ARE AVAILABLE ON:

SUNDAY - TUESDAY  
FROM 5PM TO 9PM

THURSDAY - SATURDAY  
FROM 10AM TO 1PM

FOR MORE INFORMATION AND CLASS RESERVATION, PLEASE VISIT THE SPA RECEPTION  
OR CONTACT US AT 02 208 0000.

ADVANCE RESERVATION REQUIRED AND SUBJECT TO AVAILABILITY.

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## HATHA YOGA

HATHA SIMPLY REFERS TO THE PRACTICE OF PHYSICAL YOGA POSTURES. 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.