



AKASHA

SPA AND FITNESS

HOLISTIC WELLBEING

CLASS TIMETABLE

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
11.00 – 12.00 Hatha Flow Yoga Jane	11.00 – 12.00 Hatha Flow Yoga Jane	11.00 – 12.00 Hatha Flow Yoga Jane	11.00 – 12.00 Pilates Josephine	11.00 – 12.00 Power Vinyasa Flow Josephine	10.15– 11.00 Akasha Blast Total Body Workout Krisztian	
12.00 – 12.45 Functional Lower Body Workout Krisztian	12.30 – 13.30 Flow & Mindfulness Josephine	12.30 – 13.30 Yin Yoga Jane		12.30 – 13.30 Flow & Mindfulness Josephine	10.30 – 12.00 Restorative Yoga Jane	
13.00- 13.45 Functional Lower Body Workout Krisztian		12.00 – 12.45 Functional Upper Body Workout Krisztian	18.00-18.45 Functional Lower Body Workout Andrea		12.30 – 14.00 Restorative Yoga Jane	
	18.00-18.45 Functional Upper Body Workout Andrea	13.00- 13.45 Functional Upper Body Workout Krisztian	19.00-19.45 Functional Lower Body Workout Andrea			
18.00 – 19.00 Hatha Flow Yoga Reanne	19.00-19.45 Functional Upper Body Workout Andrea	18.00 – 19.00 Yoga basic Reanne	18.00 – 19.00 Yin Yoga Reanne			

Classes must be pre-booked, please email akasha@hotelcaferoyal.com to make your booking.

Please be mindful of the social distancing, a limited amount of guest can attend to the classes.

Class Descriptions

Akasha Blast – Total Body Workout

Blast both your aerobic and anaerobic systems, resulting in fat burning, muscle building and metabolism boosting sessions.

Functional Training- Lower/Upper Body Workout

Functional training such as resistance exercises and body weight movements can help you become stronger, more flexible, agiler and better equipped to handle day-to-day feats of strength and athleticism. Using varied tempos and resistance to challenge your body's upper, lower and core muscles

Pilates

This class is perfect for those who sit at a desk all day and need to realise tension from the shoulders and protect the lower back. Using a range of gentle remedial but challenging movements that relieve shoulders and back pain.

Flow & Mindfulness

A blend of Dynamic Yoga and Mindful Meditation. This class offers a strong vinyasa power flow, deep stretches and a rejuvenate guided mindfulness meditation. No experience necessary.

Yoga Basics

For those new to yoga this class begins with the basics; postures and breathing techniques. Emphasis is on personal instruction and provides a solid foundation before embarking on further yoga disciplines.

Power Vinyasa Flow

Vinyasa is a style of yoga characterized by stringing postures together so that you move from one to another, seamlessly, using breath and improving the body balance.

Hatha Flow Yoga

Promoting harmony and balance for body, mind and spirit, this yoga class integrates postures with breathing exercises, relaxation and meditation.

Yin Yoga

A stilling, relaxing and meditative practice. Yin Yoga focuses on releasing the connective tissue within the body.

Typically postures are held for longer periods with the use of props for support. Suitable for all abilities.

Restorative Yoga

Restorative Yoga is a passive form of yoga that seeks to achieve physical, mental and emotional relaxation with the aid of props.

AKASHA OPENING HOURS

Monday to Sunday 08.00AM- 08.00PM

Akasha Holistic Wellbeing

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