



# AKASHA

## SPA AND FITNESS

### HOLISTIC WELLBEING

#### CLASS TIMETABLE 20/12/2021 – 09/01/2022

MONDAY 20	TUESDAY 21	WEDNESDAY 22	THURSDAY 23	FRIDAY 24	SATURDAY 25	SUNDAY 26
12.30 45min Lower body Bootcamp -Dogan		12.30 45min Upper body Bootcamp -Dogan		12.30 -45min Full body workout -Dogan		
12.45 -60min Yoga Basic -Reanne	12.45 -60min Power Vinyasa -Reanne	12.45 -60min Yin Yoga -Jane	12.45 -60min Yoga basic -Marta	12.45 -60min Flow & Mindfulness -Reanne	No classes	No classes
MONDAY 27	TUESDAY 28	WEDNESDAY 29	THURSDAY 30	FRIDAY 31	SATURDAY 01	SUNDAY 02
No classes	12.45 -60min Power Vinyasa -Reanne	12.45 -60min Yin Yoga -Jane	12.30 -45min Full body workout -Dogan	12.45 -60min Flow & Mindfulness -Josephine	No classes	13.15- 60min Hatha Flow - Reanne
MONDAY 03	TUESDAY 04	WEDNESDAY 05	THURSDAY 06	FRIDAY 07	SATURDAY 08	SUNDAY 09
12.30 45min Lower body Bootcamp -Dogan		12.30 45min Upper body Bootcamp -Dogan		12.30 -45min Full body workout -Dogan	10.30 -90min Restorative Yoga -Jane	
	12.45 -60min Power Vinyasa -Reanne	12.45 -60min Yin Yoga -Jane	12.45 -60min Yoga basic -Jane	12.45 -60min Flow & Mindfulness -Josephine	12.30 -90min Restorative Yoga -Jane	13.15- 60min Hatha Flow - Reanne

# Classes Descriptions

## Akasha Blast – Full 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

## 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.

## Hatha Flow Yoga

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

## 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.

## 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

25 <sup>th</sup> December	Akasha Spa Closed
26 <sup>th</sup> December	access via Hotel entrance, <u>Regent Doors closed.</u> 08.00AM- 08.00PM
31 <sup>st</sup> December	09.00AM- 09.00PM
1 <sup>st</sup> January	09.00AM- 09.00PM

### Akasha Holistic Wellbeing

Hotel Café Royal, 50 Regent Street, London W1B 5AS  
T +44 (0)20 7406 3360 | akasha@hotelcaferoyal.com | hotelcaferoyal.com