



# AKASHA

SPA AND FITNESS

HOLISTIC WELLBEING

## CLASS TIMETABLE

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
10.30						Restorative Yoga (90min) Jane	
11.30	Chakra Yoga (60min) Josephine		Yin Yoga (60min) Jane		Yogalates (60min) Josephine		
12.30	Lower body Bootcamp (45min) Krisztian		Upper body Bootcamp (45min) Krisztian			Restorative Yoga (90min) Jane	
12.45	Yoga Nidra (60min) Josephine		Yin Yoga (60min) Jane	Yoga basic (60min) Marta	Flow & Mindfulness (60min) Josephine		
13.30	All about CORE (30min) Krisztian		All about CORE (30min) Krisztian				
18.00	Exhale & Stretch (60min) Reanne		Fight Club (60min) Rob				

Classes must be pre-booked as limited amount of guest can attend to the classes.  
Please be mindful of the social distancing during the class.

# Class Descriptions

## 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

### All about CORE

This class is designed to build core muscle groups while improving posture through performing a variety of exercises that strengthen the abdomen and back muscles and increase flexibility.

### Fight Club

Get in shape and learn self defence with a class is designed to introduce fundamental drills, basic offensive and defensive footwork, and the proper form of punches, kicks, knees, and elbows. All combined with cardio and conditioning.

### Exhale & Stretch

A class designed to improve flexibility and length of the muscle very often forgotten in the daily life and gym training.

### Yogalates

Fusion between Yoga and Pilates.

This class takes a non dogmatic approach to benefits of Yoga practice paired with Pilates Core conditioning for ultimate full body and mind workout

## Yoga Nidra

Also known as yoga sleep this session brings you into a deep state of relaxation and is said to bring you the benefits of sleeping for 5hrs! It includes a wonderful guided body relaxation, and a calming visualisation to help release anything that is no longer serving.

A healing way to reset and recharge.

### 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.

### 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.

### Chakra Yoga

Balance your energy centres through this peaceful and radiant yoga vinyasa flow.

Experience how moving like earth, water, fire and air effects your mind body and spirit.

A soul full class to begin or finish your day.

**AKASHA OPENING HOURS**  
Monday to Sunday 09.00- 21.00

#### Akasha Holistic Wellbeing

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