



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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