



# 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) Dogan		Upper body Bootcamp (45min) Dogan		Full body workout (45min) Dogan	Restorative Yoga (90min) Jane	
12.45	Yoga Nidra (60min) Josephine	Yoga basic (60min) Reanne	Yin Yoga (60min) Jane	Yoga basic (60min) Marta	Flow & Mindfulness (60min) Josephine		
18.00	Hatha Flow (60min) Reanne	Fight Club (60min)	Exhale & Stretch (60min) Reanne	Fight Club (60min)			

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

# Class Descriptions

## Functional Training

### Bootcamps

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

### 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 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.

## 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.

### 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.

### Hatha Flow Yoga

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

**To book private PT or Yoga sessions enquire at the Spa Reception about our trainers.**

**Purchase a bundle of 10 session and you receive 2 complementary!**

#### Akasha Holistic Wellbeing

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