



THE SPA
— AT —
GRAND PARK
KODHIPPARU
MALDIVES

YOGA COMMUNITY PROGRAM DO YOU YOGA ?

At Grand Park Kodhipparu, Maldives, we embrace the Yoga culture and practice it as a way of living.
We invite all our guests to join our daily COMPLIMENTARY YOGA SESSIONS.

Daily at 6.00 – 7.00 and 17.00 – 18.00

Open for beginners or for those who are willing to try.

MORNING SESSIONS – 6 - 7 AM

MONDAY – POWER YOGA @Yoga Deck

A dynamic & energetic form of yoga focused on strengthening & flexibility

TUESDAY – SUN SALUTION @Yoga Deck

A repetitive flow sequence of 12 postures linked together for maximum stretching & strengthening

WEDNESDAY – YOGA STRETCHING @Yoga Deck

A beginner session with basic yoga postures to increase the range of muscle movement

THURSDAY – COMPASSION MEDITATION @Yoga Deck

A basic yet powerful form of meditation to help you calm your mind & body

FRIDAY – YOGA STRETCHING @Yoga Deck

A stretching session with basic yoga postures to increase the range of muscles and ligaments motions

SATURDAY – SOUL MOTION @Yoga Deck

Embodied movement meditation for complete relaxation of mind & body

SUNDAY – HATHA FLOW @Yoga Deck

Slow & controlled movements includes yoga postures, breathing & meditation to help revitalise the body

EVENING SESSIONS – 5 - 6 PM

MONDAY – MINDFUL BREATHING MEDITATION

@Yoga Deck

A basic yet powerful form of meditation to help you calm your mind & body

TUESDAY –HATHA YOGA @Breeze Beach

Slow & controlled movements includes yoga postures, breathing & meditation to help revitalise the body

THURSDAY – HATHA FLOW @Yoga Deck

A flowing series of postures designed to physically and mentally awaken your body and mind

FRIDAY- SUN SALUTION @Yoga Deck

A repetitive flow sequence of 12 postures linked together for maximum stretching & strengthening

SATURDAY – AQUA YOGA @Breeze Pool

A form of yoga performed in water for balance & stability of body & mind

SUNDAY – YIN YOGA @ Yoga Deck

Slow paced style of yoga for maximum relaxation along with stretching



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Kindly consult with our Yoga Master.
Please wear proper attire to join the classes. Yoga attire for the sessions on the yoga deck and swimwear for the sessions in the pool.

Please come 15 minutes before the session starts.

Rules and regulations apply for safety reasons.

For further information, please call The Spa at '191'