



KAYUMAMA

RESORT & SPA

# YOGA & PILATES *on demand*

Add some movement and mindfulness to your day.  
Private 1:1, couples, or small groups up to 4.  
1-hour sessions. All classes are beginner-friendly.

Pilates

Yoga & Breathwork

Yin Yang Flow

Morning Flow & Yin Flow

Candlelight Yoga

Hatha Vinyasa Flow

Vinyasa & Hatha

PRICES

500K in private therapy room | 800K in large open yoga shalla

TO BOOK A SESSION CONTACT RECEPTION WA +62 811 3960 3009

@kayumamabali



# PILATES

## *with Eleonore*

Sculpt, strengthen and discover the transformative power of Pilates in Eleonore's dynamic and invigorating class. Led by our expert instructor, each Pilates session is crafted to enhance your strength, flexibility, and core stability.

Through a series of controlled movements and precise breathing techniques, you'll engage muscles you never knew you had, fostering a strong mind-body connection.

Suitable for all fitness levels, her Pilates classes offer a challenging yet rewarding experience, promoting improved posture, heightened body awareness, and a sense of overall well-being.

Languages - English and French



# YOGA AND BREATHWORK WITH MERIDIAN POINT ACTIVATION *with Eleonore*

The class begins with mindful movement to connect with our bodies, incorporating breathing and energy activation rituals involving meridian points stimulation.

Following this, the class transitions into a breathwork and meditation practice with a beautiful intention setting for the day ahead.

Languages - English and French



# Yin Flow & Morning Flow *with Sarah*

## **YIN FLOW**

Yin Flow Yoga is a powerful tool for relaxation, restoration, and inner exploration, offering a sanctuary to release stress, find stillness, and cultivate a harmonious balance between strength and flexibility, movement and tranquility, and encourages practitioners to tune into their bodies.

In Yin Flow, the emphasis is on holding passive, seated, or supine poses for an extended duration, allowing practitioners to delve into a deeper level of relaxation and target the connective tissues, joints, and fascia.

The extended holds promote flexibility, release tension, and encourage a meditative state, inviting a sense of surrender and acceptance.

The flowing aspect of the practice interweaves these long-held poses with gentle transitions and sequences, focusing on the breath as a guide. This rhythmic movement between postures helps maintain a sense of fluidity and encourages a balanced flow of energy throughout the body.

The combination of yin's stillness and the gentle flow of movement creates a balanced and grounding practice that nurtures both the physical and subtle aspects of one's being.

## **MORNING FLOW**

Morning Flow Yoga is a revitalizing and energizing practice designed to start the day with a sense of balance, mindfulness, and vitality. The combination of a modern slow flow and breath gently awakens the body, clears the mind, and sets a positive tone for the day ahead.

Emphasizing the synchronization of breath and movement, Morning Flow Yoga aims to gently stretch and warm up the muscles while promoting flexibility, mobility, and increased circulation.

Morning Flow Yoga isn't solely about physical movement; it also integrates moments of stillness and introspection, incorporating 'BODYFULNESS' and mindfulness practices. This allows practitioners to set intentions for the day, cultivate a positive mindset, and find a moment of peace and clarity before the demands of the day begin.

This practice creates an opportunity to tune in with oneself, promoting a positive and centered start to the day, fostering a sense of empowerment and readiness to take on the day's challenges with a calm and grounded mind.

Languages - English



# CANDLELIGHT YOGA

## *with Sarah*

A relaxing Yin flow by candlelight - chill out and unwind into the evening. Leave feeling deeply stretched, grounded, and calm.

The candlelight supports the practitioner's ability to focus inward and deepen feelings of self-connection, instead of aesthetics.

Practitioners are invited to close their eyes and focus on the experience of the body, breath, and sensations within.

No self-judgements, no expectations on the body to perform - instead the class centres on fostering body acceptance and an ability to let go of what is no longer serving us.

This class mixes elements of modern nourishing somatic movement with a hint of soft traditional yoga sequencing and longer passive yin holds.

\*a beautiful practice for couples.

Languages - English



# YIN YANG FLOW

## *with Sabine*

Discover the perfect blend of Vinyasa and Yin Yoga.

Awaken your body in the first half, as you flow through a feel-good vinyasa sequence, stretching your body and building your strength and stamina.

Then, during the second half, indulge in the therapeutic benefits of Yin Yoga. We'll hold the poses for longer, so you can really unwind and relax.

Walk out of the class feeling deeply recharged and energized to start your day.

Languages - English and German



# HATHA VINYASA FLOW

## *with Emma*

A dynamic journey seamlessly intertwining breath and movement, suitable for all levels.

Embrace the fluid transition from one asana to another, allowing moments of pause to observe the connection between mind and body.

The practice intertwines the art of pranayama, syncing breath to a meditative rhythm, facilitating a reconnection with our higher self.

Engage deeply in the 'flow state' to heighten awareness and finish the session with a blissful savasana, indulging in deep relaxation and inner peace.

Languages - English and Danish



# VINYASA & HATHA

## *with Koni*

### **VINYASA**

Experience the power of Vinyasa Yoga, a dynamic and revitalizing practice that synchronizes breath and movement.

Join Koni for a 60-minute session where each asana is guided by your breath, creating a seamless connection within. Explore a creative and challenging sequence designed to elevate your awareness and strengthen your mind-body connection.

Whether you're a seasoned yogi or just beginning your journey, this class is open to all levels. Let this energizing practice charge up your day and conclude with a blissful Shavasana for ultimate relaxation.

### **HATHA**

Join an invigorating Hatha Yoga class, steeped in the rich traditions of classical Hatha. Immerse yourself in the serenity of longer-held asanas, allowing your body to stretch, strengthen, and find harmony.

With each mindful breath, seamlessly connect movement and stillness, tapping into your inner power. Leave feeling refreshed, energized, and ready to conquer your day.

Languages - English and German

