



WE INVITE YOU THIS RAMADAN

TO PRACTICE WITH US





AS WE OFFER YOU

Ramadan Class Packages

Private Healing Practices

Special Treatments

Exclusive Ramadan Cafe Items

RAMADAN CLASS PACKAGES

Journey into Inner-wellbeing

Join our invigorating group classes to enhance your physical and mental well-being.

Enjoy 10 classes for just 620 AED, valid for 1.5 months.

Elevate your fitness journey with our expert instructors and supportive community.

For prices or more details on Ramadan offerings please reach out to +97154 407 5405

1-TO-1 PRIVATE PRACTICES

Journey of the Soul

450 AED

Cleansing the Spirit with Quran Teaching

Aura Cleansing & Chakra Balancing 300 AED

Cord Clearing

300 AED

Reiki Healing

700 AED

For prices or more details on Ramadan offerings please reach out to +97154 407 5405

SPECIAL SPA TREATMENT

Body Scrub

Organic scrub for exfoliation and skin tightening

Yoni Womb Cleansing

A traditional Thai practice that detoxifies the womb, improves fertility, and increases energy, and recenters your feminine energy
(30 min)

200 AED

For prices or more details on Ramadan offerings please reach out to +97154 407 5405

EXCLUSIVE RAMADAN CAFE ITEMS

MEAL OFFER

Main Course

Drink

Dessert

50 AED

For prices or more details on Ramadan offerings please reach out to +97154 407 5405

RAMADAN CLASS SCHEDULE

Time	Mon	Tue	Wed	Thu	Fri
7:30	SUNRISE FLOW	SUNRISE FLOW	SUNRISE FLOW	SUNRISE FLOW	SUNRISE FLOW
9:00	POWER VINYASA	GENTLE FLOW	PILATES	GENTLE FLOW	PILATES
10.30	ZUMBA	MUSIC MONKEY			ZUMBA
11:30					
1:30					
2:30					ACTIVE SWING
3:30				GENTLE SWING	
5:00	DEEP STRETCH	PILATES	HATHA VINYASA	POWER YOGA	
7:00	POWER FLOW	ASHTANGA	POWER FLOW	ASHTANGA	
8:30	YOGA CONDITIONING	SWING COCOON	GENTLE FLOW	DEEP STRETCH	RAMADAN SPECIAL WITH SAFAA

RAMADAN CLASS SCHEDULE

Time	Sat	Sun
7:30	GENTLE VINYASA	SUNRISE FLOW
9:00	POWER FLOW	MYSORE
10.30		
11:30	POWER YOGA	
1:30		POWER YOGA
2:30		MOVE FOR MS
3:30		RAMADAN BREATHING MEDITATION
5:00		GENTLE SWING SOUND HEALING
7:00		
8:30		