



Gentle / Moderate  
**HATHA YOGA** with Indian Yogi,  
 Rani Mani at FIRUMAA  
 by Serena Spa



**WHAT IS HATHA YOGA?**

Most forms of yoga in the West can be classified as Hatha Yoga. Hatha Yoga simply refers to the practice of physical yoga postures, meaning your Ashtanga, vinyasa, Iyengar and Power Yoga classes are all Hatha Yoga. The word "hatha" can be translated two ways: as "willful" or "forceful", or the yoga of activity, and as "sun"(ha) and "moon" (tha), the yoga of balance. Hatha practices are designed to align and calm your body, mind, and spirit in preparation of meditation.

**BENEFITS OF HATHA YOGA**

- Maintaining a healthy body
- Hatha Yoga helps in losing weight
- Stress Reliever. It can be a great stress reliever and is helpful in detoxifying mind and body
- Flow of energy or Prana
- Improves flexibility
- Builds muscle strength & improves balance
- Helps you focus
- Increases blood flow
- Makes you happier
- Increase willpower
- Improve concentration
- Build strength
- Develop flexibility
- Add balance

30 minute Private Yoga Session \$45 per person  
 30 minute Private Yoga Session \$80 per couple

60 minute Private Yoga Session \$75 per person  
 60 minute Private Yoga Session \$130 per couple

30 minutes Group Yoga Session \$35 per person  
 60 minutes Group Yoga Session \$65 per person  
 (any session minimum 3 person or maximum 10 person)

Four sessions of 30 minute Private Yoga Session \$150 per person  
 Four session of 60 minute Private Yoga Session \$250 per person

All prices are subject to 16% T/GST and 10% services charge



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