

FUSION WELLNESS PROGRAM



| TIME | MONDAY | TUESDAY | WEDNESDAY | THURSDAY | FRIDAY | SATURDAY | SUNDAY |
|---------------|--------------------------------------|-----------------------------------|----------------------------------|-------------------------------------|-----------------------------------|----------------------------------|-----------------------------------|
| 8:00 – 9:00 | Relaxing Flow Yoga Yoga studio | | Balancing Yoga Yoga studio | | Energizing Yoga Yoga studio | | Stretching Yoga Yoga studio |
| 16:00 – 17:00 | | Energizing Yoga Yoga Studio | | Calming Flow Yoga Yoga Studio | | Balancing Yoga Yoga Studio | |

Relaxing Flow Yoga – bring you a relaxed and rejuvenated feeling through deep breathing technique and gentle yoga flow

Energizing Yoga – a combination of gentle and dynamic sequences to warm up and create positive energy within your body

Balancing Yoga – Build a strong foundation for your asana practice with balancing yoga poses

Stretching Yoga - focus more on lingering in the stretches, feeling good in the poses, and enjoying the breath and the movements.

Calming Flow Yoga - the emphasis is on letting go of your day and preparing the body for relaxation and sleep with slow and mindful flow

For more details please contact Maia Spa Wellness Center