



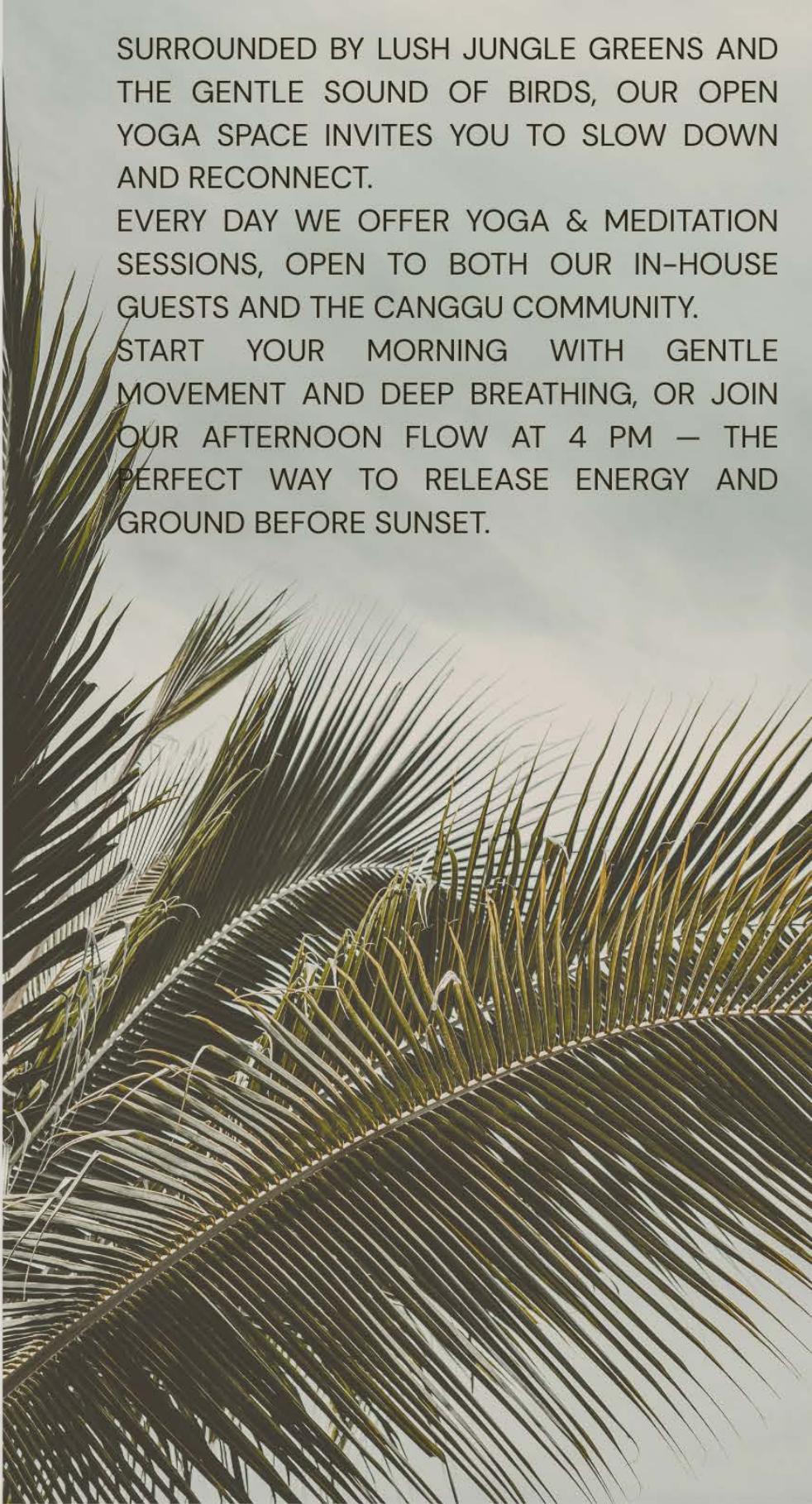
YOGA:

SURROUNDED BY LUSH JUNGLE GREENS AND THE GENTLE SOUND OF BIRDS, OUR OPEN YOGA SPACE INVITES YOU TO SLOW DOWN AND RECONNECT.

EVERY DAY WE OFFER YOGA & MEDITATION SESSIONS, OPEN TO BOTH OUR IN-HOUSE GUESTS AND THE CANGGU COMMUNITY.

START YOUR MORNING WITH GENTLE MOVEMENT AND DEEP BREATHING, OR JOIN OUR AFTERNOON FLOW AT 4 PM — THE PERFECT WAY TO RELEASE ENERGY AND GROUND BEFORE SUNSET.

OUR EXPERIENCED TEACHERS GUIDE YOU THROUGH CLASSES SUITABLE FOR ALL LEVELS — FROM BEGINNERS TO ADVANCED PRACTITIONERS — BLENDING VINYASA, YIN, AND MEDITATION STYLES DEPENDING ON THE DAY. ALL CLASSES TAKE PLACE IN OUR OPEN-AIR SHALA, A PEACEFUL SPACE ON THE SECOND FLOOR SURROUNDED BY NATURE. MATS AND PROPS ARE PROVIDED.



SCHEDULE:

- ⌚ MORNING SESSION — 8:00 AM
- ⌚ AFTERNOON FLOW — 4:00 PM

JOIN US FOR ONE CLASS, OR STAY FOR THE FULL EXPERIENCE — BREATHE, STRETCH, AND RECONNECT WITH YOURSELF AT JUNGLE ROOM.

