

Yoga - Meditation - Tai Chi

| 📍 | 🌸 | 🕒 |
|-----------------|---|---------------|
| Tropical Garden | Mindfulness Breathing Exercise & Tai Chi | 6:00 - 7:00 |
| | Restorative Yoga for Beginners | 8:00 - 9:00 |
| | Flexibility Yoga for Beginners | 9:15 - 10:00 |
| | Body Balancing with Singing Bowl | 10:15 - 10:45 |
| | Power Yoga for Intermediate | 13:00 - 13:30 |
| | Guided Meditation | 14:00 - 14:30 |
| | Energy Flow Yoga | 15:30 - 16:30 |
| Gym Studio | Animal Yoga For Kids | 11:15 - 11:45 |
| Relaxation Area | Fusion EarthLab Create Your Own Body Scrub | 11:00 - 11:30 |

| | | |
|---|---|---------|
| PRIVATE CLASS VND 600,000 net per person | <ul style="list-style-type: none"> • Private Yoga • Yoga on the beach/in the room • Therapeutic Yoga | 50 mins |
|---|---|---------|

Advanced booking is required.
For reservations and more information, please visit Maia Spa reception
or hit the “Spa” button on your in-room telephone