



GLENROSS LIVING

YOGA MENU



Yoga for Wellbeing - Group Session | 07:00 - 08:00 AM

Classical Yoga soothing for the body and mind. Doesn't require any prior experience. Age 7+. Empty stomach condition. Complimentary.

Venue: Yogashala

Children Yoga & Games - Group Session | 30 min

Simple yoga practices followed with fun and engaging games. Age 3 – 12. Light stomach condition recommended. Timings as per availability. Complimentary.

Venue: Yogashala

Family Yoga - Private Session | 45 min

Tailor-made yogic practices/meditation according to your family's request and wish. light stomach condition .

Venue: Yogashala

Price: 40 USD

Couples Yoga - Private Session | 60 min

Yoga for two, any yoga practice or meditation as per your choice. The session can be tailored-made as per your request and wish. Empty stomach condition.

Location:Yogashala

Price: 45 USD

Private Yoga Session | 90 min

One on one session. Learn any practice of your choice. The session can be tailored-made as per your request and wish. Empty stomach condition.

Location:Yogashala

Price: 50 USD

Angampora – Srilankan Martial Arts Session | 90 min

Traditional Martial Arts soothing for the body and mind. Doesn't require any prior experience. Age 4+. Light stomach condition

Location:Yogashala

Price: 40 USD

Overall Wellbeing Trio | 270 min

Personalized one on one yoga session – 90 min

Traditional massage of your choice – 90 min

One on one Angampora – Martial arts session – 90 min

Location:Yogashala / Spa

Price: 110 USD

Guidelines

Empty stomach condition means 4 hours after a meal, 2.5 hours after a snack, 1.5 hours after a beverage. Water is ok anytime.

Light stomach condition means 2.5 hours after a meal, 1.5 hours after a snack.

Loose and comfortable clothing recommended.

Classical Hatha Yoga in its purest form is about creating a body that is not a hurdle in your life. The body becomes a stepping stone in the progress towards blossoming into your ultimate possibility. Here at Glenross Living we offer programs which are an extensive exploration of classical hatha yoga and revive various dimensions of this ancient science that are largely absent in the world today. If you wish to explore more get in touch with our Head of Wellness – Sumegha!

"We teach Hatha Yoga as a transformative process. The transformation will not only be on the level of your body but in the way you are." - Sadhguru