



NORTH ISLAND

YOGA



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Begin each day on North Island with all-inclusive morning yoga sessions to relax and revitalise both body and soul. Catering to yoga novices and addicts alike, our trained instructors quietly assess your level of expertise and adjust the pace of the class accordingly. They'll help you reset your mind, "clear the air", and return from your holiday feeling refreshed.

Private classes are available as an optional extra at anytime and anywhere on the Island, from the privacy of your villa to the comfort of the air-conditioned North Island Gym. From the shores of West Beach to the peaks of Spa Hill, the choice is yours. For an extra dose of Vitamin Sea, try your hand at yoga while balancing on a stand-up paddleboard in the calm, crystal-clear waters around North Island.

DAILY MORNING GROUP YOGA CLASSES | COMPLIMENTARY

- Private yoga classes | €110 per hour
- Yoga mats are provided

Please note:

- Rates are exclusive of 15% VAT
- Between 23 Dec 2018 and 22 Dec 2019, the above rates are also exclusive of a 6% service charge.



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