

# THE PAVILIONS

*Gpa*



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YOGA MENU



Yoga is not a religion, a cult or a belief system. Yoga has the purpose of encouraging us to connect with our bodies and our life experience in a more meaningful way. Experiencing pure relaxation is deeply valuable to us all in our busy lives.

Yoga helps us to let go, feel more open, happy and connect with friends, family and your world.

Recharge your energetic batteries and truly rejuvenate your body and mind by feeling inspired, refreshed, centred and peaceful while you are relaxing with us at The Pavilions Phuket!





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# YOGA CLASSES

## 1. HATHA YOGA ★

*INSTRUCTORS: NOK, RENETE, MAM, NATHALIE, YAHNEE*

**Basic yoga postures.** End up leaving class feeling longer, looser, and more relaxed.

## 2. VINYASA YOGA ★ ★

*INSTRUCTORS: NOK, RENETE, MAM, NATHALIE, YAHNEE*

To smoothly transition from pose to pose, with the intention of **linking breath to movement**.

## 3. ASHTANGA YOGA ★ ★ ★

*INSTRUCTORS: RENETE, NATHALIE*

A **specific sequence of postures** and is similar to vinyasa yoga, as each style links every movement to breath. The difference is that Ashtanga always performs the exact same poses in the exact same order.

LEVEL ★ EASY ★ ★ INTERMEDIATE ★ ★ ★ ADVANCE

PARTNER YOGA



AERIAL YOGA



IN-VILLA PRIVATE YOGA



YOGA AT THE SPA PAVILIONS





#### 4. AQUA YOGA ★ ★

*INSTRUCTORS: RENETE, MAM, NATHALIE*

Aqua Yoga takes the principles and movements of Yoga and adapts them to the **water environment**. With the release of gravity, the body is able to find the **optimum stretch**. By using the rhythm of breath, an inner sense of relaxation can be achieved.

#### 5. PRENATAL / POSTNATAL YOGA ★

*INSTRUCTORS: RENETE, NATHALIE*

Prenatal The mixture of stretching, controlled breathing and mental focus offers a variety of benefits to expectant mothers. Postnatal Yoga is a great way to **support your body's recovery** after birth and **incorporate bonding with your new baby**. The practice aids in healing, increasing relaxation, and gentle strengthening.

LEVEL ★ EASY ★ ★ INTERMEDIATE ★ ★ ★ ADVANCE



# WELLNESS ACTIVITIES

## 1. THAI BOXING ★

*INSTRUCTORS: NATHALIE*

Muay Thai or Thai boxing is a **combat sport** of Thailand that uses **stand-up striking** along with various **clinching techniques**.

## 2. PILATES & STRETCHING ★

*SUBJECT TO AVAILABILITY*

*INSTRUCTORS: NOK, RENETE, MAM, NATHALIE, YAHNEE*

Pilates is a popular workout program that focuses on **strengthening and stretching** most of the major muscles of the body. It combines elements of **gymnastics, yoga, and physical therapy techniques** to deliver a well-rounded workout.

LEVEL ★ EASY ★★ INTERMEDIATE ★★★ ADVANCE

### 3. TRX (TOTAL RESISTANCE EXERCISE) ★ ★

SUBJECT TO AVAILABILITY

INSTRUCTORS: NATHALIE

A form of suspension training that uses **bodyweight exercises** to develop strength, balance, flexibility and core stability simultaneously. It involves the use of the **TRX Suspension Trainer**, a performance training tool that leverages gravity and the user's body weight to complete the exercises.

### 4. BODY SCAN FOR MINDFULNESS & MEDITATION ★

INSTRUCTORS: RENETE, NATHALIE, YAHNEE

This exercise asks you to systematically focus your attention on different parts of your body, from your feet to the muscles in your face. It is designed to help you develop **a mindful awareness** of your bodily sensations, and to **relieve tension** wherever it is found.

LEVEL ★ EASY ★ ★ INTERMEDIATE ★ ★ ★ ADVANCE







THE SPA PAVILIONS SURROUNDED BY LUSH NATURE

# OUR INSTRUCTORS



## Yahnee Loh

### SPECIALTIES



YOGA

With an emphasis on breathing techniques incorporating different styles of yoga hatha, vinyasa flow, yin yoga, meditation, and prenatal yoga techniques. Yahnee's teachings are infused with the elements that inspire intelligence and wisdom of nature, anatomical self-awareness, the power of practice (saddhana) and the light of the human heart.



## Kru Nok Suparom

### SPECIALTIES



YOGA

Khun Nok is energetic and outgoing with a collaborative spirit and advanced training in Yoga. She enjoys inspiring others to improve wellness and commit to long-term health and fitness goals.



## Renate Citrons

### SPECIALTIES



YOGA



HEALER

A World Yoga Alliance 200 hour certified instructor, Renate has over 15 years' experience completing many workshops and retreats from Thailand and Bali to Russia, crafting and perfecting her skillset. With great understanding of traditional Yoga, sound therapy, REIKI healing and, mandala balls and more.



## Kru Mam Chalitawan

### SPECIALTIES



YOGA

Chalitawan encourages her students to fuse disciplines, listen and communicate with the body with a bit of fun. Skilled in therapeutic aqua yoga, mindful movement, meditation, energy and relaxation, and focusing on mindfulness and a healthy lifestyle.



## Nathalie Emelianova

### SPECIALTIES



THAI BOXING



YOGA



HEALER

Nathalie is a former martial arts athlete and has since found a passion for teaching yoga. She has over 20 years of experience as a personal trainer assisting clients to get in shape, feel good and be happy. Over the last decade, Nathalie has studied Buddhism, philosophy and personal development. Skilled in many different yoga styles including yin yoga, aerial, Ashtanga and prenatal.

## **RATES**

Class per person - 60min 4,000++ / 90mins 4,500++  
Class per couple - 60min 5,000++ / 90 mins 5,500+ / Additional person 1,000++  
Prices quoted are in Thai Baht and subject to 10% service charge and 7% VAT.

## **BOOK YOUR PRIVATE CLASS**

Please dial extension 2 during opening hours or extension 0 after 8pm. Please book your class 24 hours at least in advance to ensure availability of the teacher.

## **CANCELLATIONS**

A minimum of 12 hours before the scheduled class is required for all cancellations and no later than 8pm. A 50% cancellation fee will be charged for cancellations made between 12 and 6 hours before the scheduled class, and the full amount will be charged if cancellations are made less than 6 hours before the class or for a no show.

## **HOURS**

Every day from 8am to 8pm

## **IN-VILLA CLASSES**

For your privacy, most of the classes can be taught inside your villa.  
Please contact our team for more information.

## **CLASSES AT SPA**

Please arrive 15 minutes before your class to complete the consultation card.

## **PRE AND POSTNATAL CLASSES**

Please contact our team for a personalised consultation according to your needs and limitations.

## **HEALTH CONDITIONS**

Please advise us of any health condition, allergies or injuries that could affect your training.

## **WHAT TO WEAR**

Wear comfortable clothes. For aqua classes, we kindly ask guests to wear a one-piece swimsuit or bikini or spandex shorts with a sports bra.

### **BOOK YOUR PRIVATE CLASS**

Please dial extension 2 during opening hours or extension 0 after 8pm. Please book your class 24 hours at least in advance to ensure availability of the teacher.

THE PAVILIONS  
*Spa*

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