Calm your mind, body and soul with our new “Hatha” yoga classes at LifeStyles on 26 at Centara Grand at CentralWorld





Exclusively available at LifeStyles on 26 at Centara Grand and Bangkok Convention Centre at CentralWorld our new Hatha Yoga classes now run two days a week – on Wednesdays and Saturdays from 14:00 – 15:00 hrs. Each session is priced at THB 400 (no membership required).

Essentially, the term “Hatha” refers to any physical yoga posture that you may or may not already know; the word itself means “forceful” or “willful”.

With our trained instructor, these holistic Hatha classes are designed to calm your mind, as well as your body and soul – which makes for ideal preparation for meditation while promoting all-round wellbeing.

You can also save when you visit LifeStyles on 26 with one of our packages – with 10 classes at THB 3,500 or 20 classes at THB 6,000. This works out to be just THB 300 per hour for this latter offer.

For more information or advance bookings, please call us on: 02-100-6299.

Website: www.centarahotelsresorts.com/centaragrand/cgcw/services
Facebook: Centara Grand & Bangkok Convention Centre at CentralWorld
Instagram: centaragrand_centralworld