Get high (above the city) while stretching it out with Fly Yoga at LifeStyles on 26





Yoga is great for the mind, body and soul wherever you do it. However, some places (such as 26 floors above the sprawling metropolis of Bangkok) beat your bedroom or regular yoga study any day!

Here at LifeStyles on 26, we offer a range of fitness classes, with one of our most popular being ‘Fly Yoga’. With professionally-trained instructors and state-of-the-art equipment, you too can fly above the floor (and city) while stretching it out and perfecting those yoga poses.

Fly yoga is not only fun, but also great for your body. As you are suspended from the floor, less pressure is exerted on your limbs and joints – allowing you to hold stretches for longer. This helps to build strength, improve flexibility and also calm the mind.

LifeStyles on 26 is located on the 26th floor of Centara Grand at CentralWorld. As well as Fly Yoga classes, the fully-functioning fitness studio provides a range of other classes for both members and non-members.

Fly Yoga classes run on Mondays at 19:45 – 20:45 hrs and cost THB 400 per session. We also have some budget-friendly packages available, with 10 classes at THB 3,500 or 20 classes at THB 6,000.

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

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