Your new Monday evening de-stress session: Fly Yoga at LifeStyles on 26





Time to take your yoga stretches to the next level – a couple of feet off the floor to be accurate – with LifeStyles on 26's weekly fly yoga classes.

Say goodbye to old, uncomfortable mats on the floor and hello to our special stretchable fabric which allows you to pull your best yoga poses while being suspended in the air.

Like a customized hammock, our fly yoga equipment helps take the stress off your joints as you stretch kick, twist, bend and pirouette – a great way to minimize the risk of injury, as well as tap into the widely-known stress-relieving benefits of yoga.

LifeStyles on 26 also offers an ideal setting for these classes, 26 floors above downtown Bangkok at Centara Grand at CentralWorld. With floor-to-ceiling windows, high beams from which to hang and airy views of the city, this is far from your average yoga studio.

Classes are now running every Mondays from 20:00 – 21:00 hrs. and priced at THB 400 per session.

Money-saving packages are also available, with 10 classes at THB 3,500 or 20 classes at THB 6,000 (working out to be just THB 300 per class).

For more information or advance bookings, please call us on: 02-100-6299. Find out more about LifeStyles on 26 below.

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