BVLGARI

RESORT DUBAI

YOGA MENU

PRIVATE SESSION WITH INSTRUCTOR

60 min - AED 690

1. FIRE FLOW
POWER AWAKENING RITUAL
60 minutes - All Levels

Ignite your inner fire with this energizing, full-body flow. Designed to sculpt, tone, and awaken your strength, this experience boosts vitality and clears mental fog. Expect a powerful movement journey—flowing, uplifting, and deeply transformative.

2. SOLAR FLOW
DYNAMIC BODY RENEWAL
60 minutes - All Levels

A graceful movement experience that strengthens and stretches simultaneously. Ideal for those who want to feel lighter, more open, and more alive. Think of it as your body's personal sunrise—centered, glowing, and balanced.

3. LUNAR RITUAL
DEEP STRETCH & STILLNESS
60 minutes - All Levels (Inspired by Yin)

A meditative stretch experience held mostly on the floor. You'll explore longer, deeper holds that melt tension and invite inner stillness. Ideal for those needing physical release, emotional reset, or energetic calm.

4. JET LAG RECOVERY GROUND & RECALIBRATE
60 minutes - All Levels

Perfect post-travel reset: a gentle sequence of movement, breath work, and passive stretches designed to recalibrate your nervous system and relieve stiffness. Especially ideal for frequent flyers or guests seeking rest and grounding.

5. BODY BLOOM
FLEXIBILITY & GRACE
60 minutes - All Levels

Designed to gently lengthen muscles and awaken elegance in motion. This flow promotes body awareness, posture, and fluid strength, making it perfect for dancers at heart or anyone who wants to move with grace.

6. CORE RADIANCE
STRENGTH FROM WITHIN
60 minutes - All Levels

Activate and align your core muscles with this powerful session focusing on deep abdominal and postural strength. This class is ideal for improving body awareness, stability, and confidence from the inside out.