



Yoga lesson that awakens your body and soul

Our yoga lesson is held throughout the year; at our garden filled with fresh greens from April until October and inside our hotel while enjoying the changing seasonal scenery outside the window from November until March. Relax, exhale, and inhale. Try different poses slowly to refresh your body and soul. This program is highly recommended for all people regardless of their past experience.

◎Morning Yoga Lesson

- Event date** Held everyday: April ~ October: held at the garden / November ~ March: held inside the hotel (banquet hall, etc)
- Time** 8:15~8:55 in the morning (about 40 minutes)
- Price** ¥1,500 per person / ¥500 for hotel guests
The "Yoga Lesson Plan with Breakfast" is available for ¥3,000.
- Plan contents** Includes one bottle of water, a rental yoga mat and a facial towel



◎Noon Yoga – Yoga and lunch for better wellness –

- Event date** Held on Tuesdays and Wednesdays (except for holidays) between April 1, 2019 and March 31, 2020
- Time** 10:30–11:30 in the morning (60 minutes)
- Price** ¥2,000 per person
We also have the "yoga and lunch plan for ¥3,500".
- Plan contents** Includes one bottle of water, a rental yoga mat and a facial towel



[Note] *Available for non-staying guests also *The prices shown are for one person and include tax and service fee.*The Club Royal Park Hotels Member Discount and Point Service do not apply for this activity.

Please make a reservation for Morning Yoga and Noon Yoga Lessons before 6PM on the day before the activity day.