

PERSONAL YOGA CLASSES



NIRAAMAYA CENTRE
261/1 Sukhumvit soi 31

tel: 02-662-1845
info@niraamayacentre.com
www.niraamayacentre.com

HOW IT WORKS

Choose a set time each week which remains yours for a 10-weeks Yoga program

Classes go for 1-hour and are available Monday to Saturday, between 7.00am and 7.00pm (final class starts 6.00pm)

Max. 4 people in any class

Style of Yoga can be either HATHA or RESTORATIVE



PRICES

(per class over 10-weeks)

1 person – 1000 THB
2 people – 650 THB each
3 people – 600 THB each
4 people – 500 THB each

PUBLIC CLASSES

(on Saturday)

Hatha Yoga

@ 10.00am 400 THB
(RSVP to confirm your space; max. 5 people)

Pranayama and Meditation

@ 11.15am (30 minutes) 100 THB
(RSVP to confirm your space; max. 8 people)

All classes led by
Nathaniel Try
(Certified Yoga Instructor)