



# SALA Active Programme

TIME : 07:30 - 08:30

## Complimentary session

Monday	:	Stretching
Wednesday	:	Yoga
Saturday	:	Yoga

Private Yoga Session 60 minutes: upon request and availability

One person THB 1,500 net

2 or more persons THB 1,000 net (per person)

24- hour advance reservations are required

Please arrive 15 minutes before classes start

Yoga classes will be at Moon Pool ( Maximum 10 persons )

For reservation or more Information : please contact [spamgr@salachaweng.com](mailto:spamgr@salachaweng.com)