

YOGA

Journey



ABOUT YOGI UMESH KUMAR SHARMA

Yogi Umesh brings 20 years of expertise in yoga and meditation from Rishikesh - India's "city of yoga" - to our shores. His teachings, deeply rooted in yoga's spiritual heartland, offer guests a chance to explore authentic practices in a serene setting.

Through traditional Hatha Yoga, dynamic Power Yoga, or soothing meditation sessions, Umesh guides practitioners of all levels on their wellness journey. His approach combines ancient wisdom with modern understanding, creating an experience that nurtures both body and mind.

ABOUT YOGA Yoga is an ancient Indian practice dating back 5,000 years that promotes physical, mental, and spiritual wellbeing. Through physical postures (Asana), breathing exercises (Pranayama), and meditation, yoga offers a holistic approach to healthy living by connecting body, mind, and spirit.

GROUP CLASSES

All group classes: 100,000 VND per session
Venue: Yoga Room



06:30 - 07:30
Tuesday to Sunday



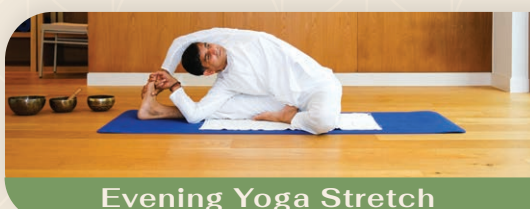
Traditional Hatha yoga combining joint movements, sun salutations, and standing/sitting positions. Suitable for all levels.



07:45 - 08:45
Tuesday to Sunday



Dynamic, fitness-oriented practice rooted in Ashtanga tradition. Focuses on core strength, flexibility, and endurance.



15:45 - 16:45
Tuesday to Saturday



Hatha-based stretching session focusing on hip joints, hamstrings, shoulders, neck, and back. Perfect for post-workday renewal.

PRIVATE CLASSES



PRICING (PER SESSION)

Personalized instruction with Yogi Umesh, our Indian yoga master. Choose your preferred style and location.

VND 600.000/pax

VND 900.000/2 pax

VND 1.260.000/3 pax

VND 1.440.000/4 pax

VND 1.800.000/5 pax

SPECIALIZED SESSIONS

Core strength and weight management
Targeted postures and breathing techniques to strengthen core muscles and support healthy weight management.

KNEE PAIN MANAGEMENT

Specialized yoga therapy combining gentle movements and poses to strengthen and support knee joints.

PREGNANCY YOGA

Safe, nurturing practice adapted for expectant mothers, promoting comfort and wellbeing during pregnancy.

POWER YOGA

Vigorous practice combining strength training with traditional yoga for a challenging full-body workout.



DEEP STRETCHING AND BREATHING

Extended hold poses combined with breath awareness for improved flexibility and relaxation.

PRANAYAMA (BREATH CONTROL) AND MEDITATION

Advanced breathing techniques and meditation practices for stress reduction and mental clarity.

GUIDED MEDITATION

 Tuesday to Saturday  Venue: Yoga Room

Experience deep relaxation through Yoga Nidra (yogic sleep), a guided meditation practice that reduces stress and anxiety. Combined with Pranayama breathing techniques, this session helps calm the mind, improve focus, and promote overall mental wellbeing.

VND 100.000
/per session

For more information or to book sessions, please contact our Health and Wellness Manager, Yogi Umesh.

HOTLINE: 0857 42 1968