

Yoga

at Berjaya Hills

Join us for a rejuvenating experience that will leave you feeling relaxed and refreshed. Our expert yoga instructor will guide you through a session suitable for all levels.

Schedule:

8 AM

at **La Platz / La Piscine (Complimentary Class)**
The Chateau Spa & Wellness Resort

10.30 AM

at **Colmar Square (Complimentary Class)**
Colmar Tropicale, Berjaya Hills

3 PM

at **La Piscine / Yoga Studio (Chargeable class)**
The Chateau Spa & Wellness Resort

Daily classes, except Monday

Benefits of Yoga:

- + **Relieve Stress**
- + **Enhance Mental Clarity**
- + **Improve Flexibility**
- + **Boost Overall Well-being**

No prior experience needed. Mats and props will be provided. Simply bring yourself and an open mind!

Come and find your zen with us!



The Chateau
Spa & Wellness Resort

THE CHATEAU SPA & WELLNESS RESORT, BERJAYA HILLS - MALAYSIA
owned by Berjaya Hills Resort Bhd (198901011710) | managed by Berjaya Hotels & Resorts

thechateau.com.my