

# The Signature **YOGA WELLNESS** **PORTFOLIO**

-Al Murooj-

**Yoga  
Wellness  
Lifestyle**

**Lys**

# CHOOSE WHAT MAKES YOUR STAY BETTER

- The Performance Series - Regular YOGA Classes

- **Hatha Yoga** – The Foundation & Balance
- **Ashtanga Yoga** – The Structured & Intense Flow
- **Vinyasa Flow Yoga** – The Dynamic & Creative Flow
- **Mat Pilates** - Core & Fitness
- **Progressive Stretch & Conditioning**
- **Breathwork & Meditation Journeys**
- **Sound bowl Healing Sessions**

- Book Your Exclusive Private Sessions

- **One-to-One Sessions** (Personal Wellness Prescription)
- **Couples Sessions** (Deepen Your Connection)
- **Family, Friends Sessions** (Wellness for your Tribe)
- **Group Sessions** (Curated Collective Experiences)
- **Specialized & Custom Session** (Design your practice)

- The Yoga Wellness Workshop & Events
- Space bookings

- Deep Dive Wellness Workshops
- Advanced Yoga Therapy (Pre- Booking)
- Group & Social Events Bookings
- Corporate Wellness Packages
- Weekly Specials & Retreats
- Studio Space Bookings

➤ To Book in Advance : 050 142 6843 

We are happy to assist you !

**Lys**



# The LyS Experience: **MORE THAN A CLASS**

## **The Sanctuary:**

Step into a purpose-built environment of calm. Soft lighting, serene aromas, and tranquil acoustics provide an immediate sense of escape.

## **Luxury Amenities:**

Premium Eco-friendly mats and props, curated organic teas, and high-end changing facilities with bespoke toiletries.

## **Expert-Led:**

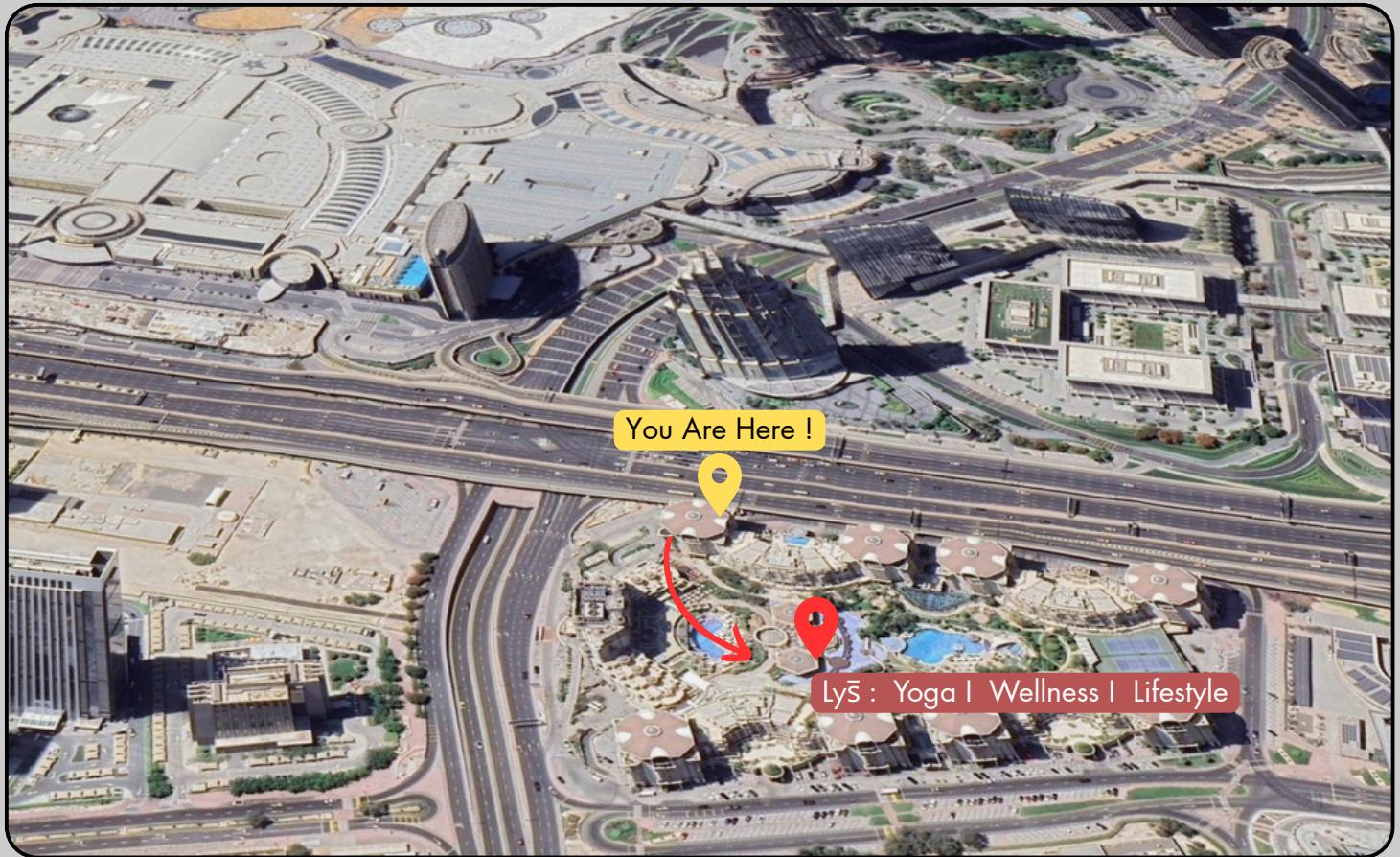
Our instructors are wellness facilitators trained to understand the biomechanical and psychological needs of our urban community.

## **The Community:**

Join a network of like-minded individuals. We host regular community events, wellness workshops, and socials to foster genuine connection.

# THE ECO-CONSCIOUS YOGA SANCTUARY

- Nature-Infused Practice Spaces
- Sustainable Studio Features
- Our Environmental Sadhana (Practice)
- Nature-Connected Experiences
- Green Studio Highlights
- Eco-Wellness Programs



Al Murooj, 1 Mustaqbal St - Trade Center Second - Dubai

➤ To Book your Session and know more about the Schedules

050 142 6843 

info@lysyoga.com

[www.lysyoga.com](http://www.lysyoga.com)

