



Aerial Yoga

Move through yoga asanas suspended in silk hammocks, combining deep stretching, controlled flow, and a feeling of weightless release.

Ideal for core strength & flexibility

Individual Session: INR 2400 per person



Face Pilates

A guided practice with a trainer using targeted facial muscle activation and controlled movements to lift, tone, and release tension in the face using face tools like guasha & Kansa wand.

Ideal for sculpted & toned facial features

Individual Session: INR 2400 per person



Reformer Pilates

A guided, equipment-based practice using controlled resistance and precise movements on the reformer bed to build strength, alignment, and core stability.

Ideal for core strength, improving posture, and enhancing full-body control

Individual Session: INR 2400 per person



Sound Therapy

A restorative practice using healing frequencies and vibrations from instruments like singing bowls to calm the nervous system, release tension, and support deep relaxation.

Ideal for a nervous system reset

Individual Session: INR 4200 per person



Dance Cardio

An energetic movement session that blends rhythm-based choreography with continuous cardio to boost endurance, burn energy, and uplift mood.

Ideal for better metabolism & cardiovascular endurance

Individual Session: INR 2000 per person

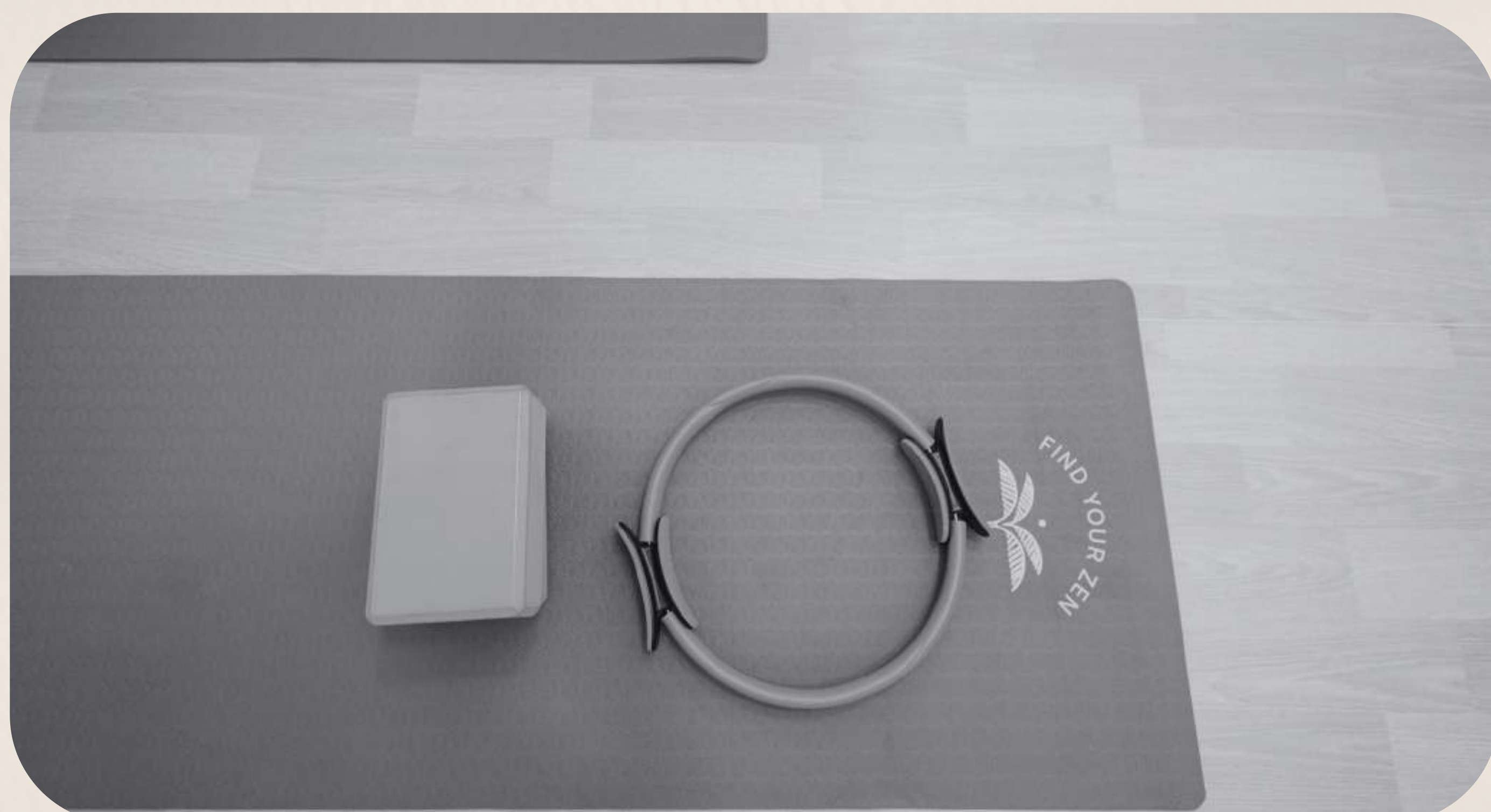


Yoga Sculpt

A dynamic practice that combines traditional yoga postures with controlled strength-building using light weights & movements to improve muscle tone, stability, and endurance.

Ideal for posture & strength

Individual Session: INR 2000 per person



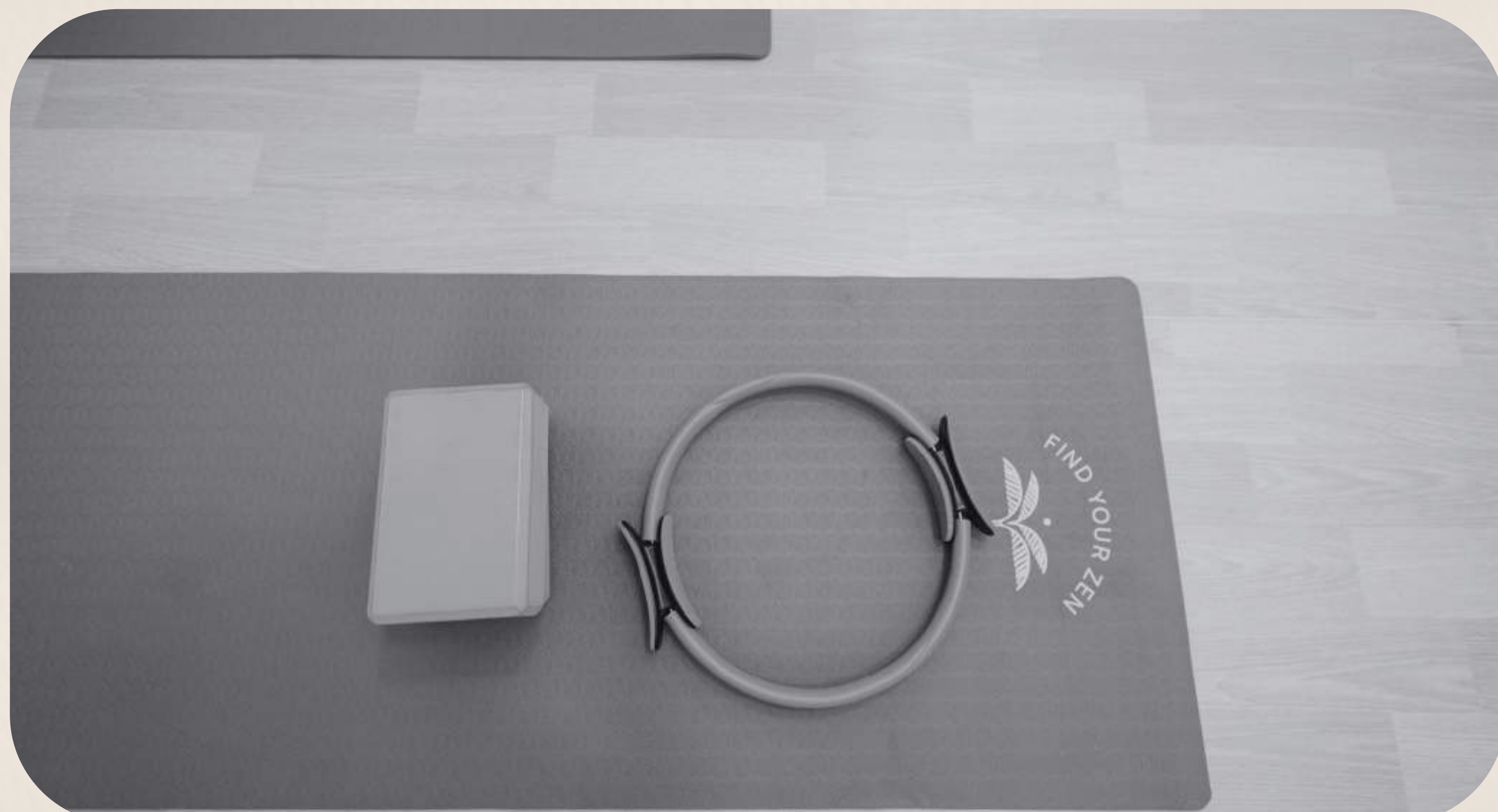
Discover Series: 3 Individual Sessions

Validity: 15 days

- Aerial yoga / INR 6000 per person
- Yoga sculpt / INR 5400 per person
- Face Pilates / INR 6000 per person
- Sound bath / INR 11400 per person
- Dance cardio / INR 5400 per person
- Reformer Pilates / INR 6900 per person

Rebalance Series: Recovery+Individual sessions

- Any 3 individual sessions (except sound bath) + 3 Recovery Therapies of your choice (Infrared Sauna/Red Light Therapy/Cold Plunge/Contrast Therapy) -
Additional 10% Discount on the total value



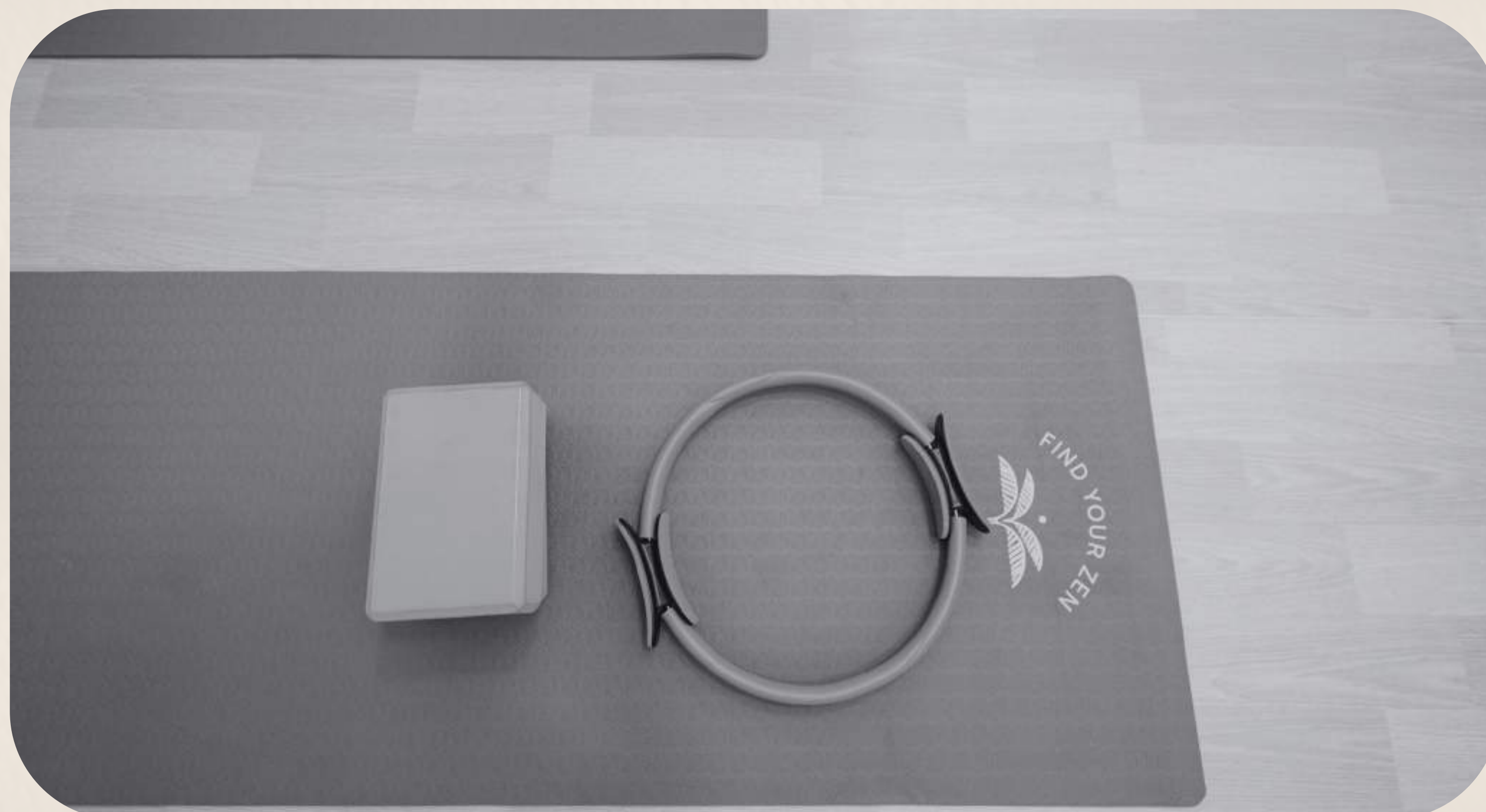
Immersion Series: 6 Individual Sessions

Validity: 30 days

- Aerial yoga / INR 12600 per person
- Yoga sculpt / INR 9000 per person
- Face Pilates / INR 12000 per person
- Sound bath / INR 20400 per person
- Dance cardio / INR 9000 per person
- Reformer Pilates / INR 13500 per person

Rebalance Series: Recovery+Individual sessions

- Any 6 individual sessions (except sound bath) + 6 Recovery Therapies of your choice (Infrared Sauna/Red Light Therapy/Cold Plunge/Contrast Therapy) -
Additional 15% Discount on the total value



Expert Series: 10 Individual Sessions

Validity: 45 days

- Aerial yoga / INR 20000 per person
- Yoga sculpt / INR 18000 per person
- Reformer Pilates / INR 22000 per person

Pro Series: 12 Individual Sessions

Validity: 45 days

- Aerial yoga / INR 22800 per person
- Yoga sculpt / INR 20400 per person
- Reformer Pilates / INR 24000 per person

Yoga Lates: Yoga + Pilates

- 6 Aerial Yoga + 6 Reformer Pilates / INR 24500 per person
validity: 45 days
- 12 Aerial Yoga + 12 Reformer Pilates / INR 45000 per person
validity: 90 days