



INTERCONTINENTAL[®]
MALDIVES MAAMUNAGAU RESORT

YOGA

Monday

Hatha Yoga: 7.00am to 7.45am Light House
Hatha Aerial Yoga: 9.00am-9.45am | 3.00pm.-3.45pm, Yoga Pavilion
Shambhavi Meditation: 6.00pm-6.30pm, Yoga Pavilion

Tuesday

Vinsaya Yoga: 7.00am to 7.45am, Yoga Pavilion
Hatha Aerial Yoga: 9.00am-9.45am | 3.00pm-3.45pm, Yoga Pavilion
Mantra Sadhana Meditation: 6.00pm-6.30pm, Yoga Pavilion

Wednesday

Hatha Yoga: 7.00am to 7.45am Yoga Pavilion
Hatha Aerial Yoga: 9.00am-9.45am | 3.00pm-3.45pm, Yoga Pavilion
Hatha Yoga: 9.00am-9.45am

Thursday

Asthanga Yoga: 7.00am to 7.45am Café Umi
Hatha Aerial Yoga: 9.00am-9.45am | 3.00pm-3.45pm, Yoga Pavilion
Chakra Darshana Meditation: 6.00pm-6.30pm Yoga Pavilion

Friday

Hatha Yoga: 7.00am to 7.45am Yoga Pavilion
Hatha Aerial Yoga: 9.00am-9.45am | 3.00pm-3.45pm, Yoga Pavilion
Mantra Meditation: 6.00pm-7.00pm, Yoga Pavilion

Saturday

Asthanga Yoga: 7.00am-7.45am, Café Umi
Hatha Aerial Yoga: 9.00am-9.45am | 3.00pm-4.00pm, Yoga Pavilion
Yoga Nidra Meditation: 6.00-6.45pm

Sunday

Asthanga Yoga: 7.00am-7.45am, Yoga Pavilion
Hatha Aerial Yoga: 9.00am-9.45am | 3.00pm-3.45pm, Yoga Pavilion
Chakra Darshana Meditation: 6.00pm-6.30pm Yoga Pavilion

*Reiki Meditation, Yoga Pavilion

*Acro-Yoga Package

*Vipassana Meditation

* Full Moon Yoga

*In-Villa Private Yoga Classes

**Activities with (*) highlighted may be enjoyed at a nominal fee bookable through your Island Curators.*

Kindly be informed that all activities at Lighthouse are subject to weather conditions.