

# Soar Above the City with Fly Yoga at LifeStyles on 26



As well as its many proven physical benefits, yoga has great mental benefits, too.

But to really harness the spiritual power of yoga, finding a stress-free and inspiring environment to perform those stretches and poses is key - that's why shady parks, beaches and tropical gardens all prove particularly popular with seasoned yogis.

With 180-degree views across Bangkok from 26 floors up, our studio here at LifeStyles on 26, Centara Grand at CentralWorld lets you experience the 'zen' side of yoga - without ever having to leave the city. With our weekly Yoga Fly classes, you'll soar to even greater heights as you stretch out while suspended in fabric hammocks hanging from the ceiling.

As well as defying gravity, Fly Yoga increases strength, flexibility and can also with mental ailments such as stress and anxiety.

Exclusively available at LifeStyles on 26, our classes run on Mondays at 19:45 - 20:45 hrs and cost THB 400 per session. To save, why not try out one of our packages, with 10 classes at THB 3,500 or 20 classes at THB 6,000.

For more information or advance bookings, please call us at: 02-100-6299.

Find out more about LifeStyles on 26 below.

Website: [www.centarahotelsresorts.com/centaragrand/cgcw/services](http://www.centarahotelsresorts.com/centaragrand/cgcw/services)

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