



...a truly himalayan boutique-hotel with panorama restaurant

Yoga



Yoga-class, 120 min.

Enjoy a private Yoga-class with Mr J.N Sharma, our qualified yoga-teacher

- Our yoga-class includes an introduction to fundamentals of yoga; demonstration of Asanas (postures) and Pranaya (breathing-techniques); special personalised yogic exercises
- During the week appointments can be arranged from 6:30 am to 8:00 am and from 4:30 pm to 7:30 pm
- On Saturdays, Sundays and government holidays appointments can be arranged for throughout the day
- prices may vary depending on the number of participants and season
- please consult our receptionist to make an appointment
- massage therapy appointments cannot be guaranteed at all times and in any case require at least one day prior notice

THE BAMBOO RETREAT, SAJONG, RUMTEK / GANGTOK

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