



Therapeutic Yoga

for Office Syndrome



Classes start at 6:30 p.m. (weekdays) and 5:30 p.m. (weekends). Advance booking is required. Advance booking is required. Available at Pañpuri wellness, 12th floor Gaysorn Tower

Relieve work stress and office syndrome symptoms with yoga. Led by US-trained certified yoga teacher and author, Varisa Suthikulpanit, this class incorporates various Hatha yoga postures with Thai massage while focusing on stretching and deep breathing. Emerge relaxed and re-energized with your muscle pain relieved and inner peace achieved.

THB
950

DURATION: 60 MINUTES
AVAILABLE ON THURSDAYS TO SATURDAYS
from May 16-31, 2019.

*Terms and conditions apply.