



SALA Active Programme

TIME : 07:30 - 08:30

Complimentary Yoga

Tuesday	:	Yoga
Thursday	:	Yoga
Saturday	:	Stretching

Private Yoga Session 60 minutes: upon request and availability

One person THB 1,500 net

2 or more persons THB 1,000 net (per person)

24- hour advance reservations are required

Please arrive 15 minutes before classes start

Yoga classes will be at Moon Pool (Maximum 10 persons)

For reservation or more Information : please contact spamgr@salachaweng.com