



A New Age Yoga Studio For Women and Kids

Women is symbolic to Strength, Peace and Power and we believe the time-tested practice of Yoga becomes a natural fit as it compliments today's women in their day-to-day life. We at ReLive offers Yoga in it's Original and Traditional form - Because you deserve only the best.

Yoga **Forms**

Our offerings are Hatha, Ashtanga & Vinyasa forms of Yoga and these practices is age old and proven to be one of the most valuable forms to build your core strengths.

Flexible **Timing**

We understand you are more than just one person and you wear many hats and hence we have made our schedule to suit your needs. Be it busy mornings or busier evenings, we are there for you.

Experienced **Trainers**

Our well-versed trainers come with practice and training experience in cities across the globe, be it the cosmopolitan Macau to meditating town of Rishikesh or ever calm Muscat or our very own Dubai.

Vibrant **Ambience**

The vibrant décor of our studio and its ambience coupled with our dedicated and pleasing trainers make it a winning combination for you to start your journey with us. We are centered in your neighborhood in Al Mankhool.

Prenatal & **Postnatal Yoga**

Pregnancy is beautiful as much as it is stressful for some hence engaging in Prenatal Yoga helps multiple semesters of your pregnancy. On the other hand once you have delivered your little one, being a Mom & yet to remain in great shape is also not an easy task. Our Prenatal & postnatal classes cover the various aspects of Yoga that is well suited to cover the balance between emotional, physical and mental dimensions

Kids **Yoga**

It's not easy always to engage your children in healthy exercises at home hence a group Yoga session in our studio is big hit with parents who loves to see their kids do yoga that helps them. While kids as young as 3 years can be taught basic yoga forms, we believe age 5-6 and beyond are the best age when one can introduce their kid to Yoga. Children up to age 12 can benefit from various Yoga forms that our qualified and experienced trainers teach at ReLive.



Yoga Session **Details**

Start your Yoga today and get benefit from
age-old practice.

Inversion Play

Hatha Yoga

Heart Chakra Flow

Dynamic Vinyasa

Hip Mobility & Release

Yin Yang

Upper Body and Core

Restorative Yin

Balancing

Flexi Flow

Back and Shoulder Flow

Evening Release

Split Training

www.relive.yoga

What Do We Offer

We offer yoga classes and workshops for practitioners of all levels. Our qualified Instructors with expertise teach students in various yoga styles.



Visit us at www.relive.yoga
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