

REBAK ISLAND

RESORT & MARINA, LANGKAWI



BEACH YOGA

Embark on a revitalizing journey with Beach Yoga - an extraordinary opportunity to reconnect with your body amidst the tranquil beauty of a private island.

Delve into the path of healing, as you recognize and restore your connection with the five elements of nature - earth, water, fire, air, and space. Guided by yoga master Wong Shinny, partake in invigorating yoga sessions that nourish your body and mind. Rediscover inner peace and balance within this idyllic natural sanctuary.

Secure your spot today and awaken your senses on a secluded island retreat.

SUNRISE YOGA

A Complimentary Session on Every
Wednesday, from 0830hrs until 0930hrs

MEETING POINT AT LOBBY

SUNSET YOGA

A Complimentary Session on Every
Monday, from 1730hrs until 1830hrs

MEETING POINT AT LOBBY



ARIEL GROUP YOGA CLASS

EVERY WEDNESDAY FROM 11.00AM TO 12.00NOON

RM100NET PER PERSON

Let's Flow & Fly!

This Yoga inspired classes to use aerial skills and include various exercises designed to both strengthen and stretch the body to prepare for inversion

PLEASE REGISTER AT RECEPTION IF YOU WOULD LIKE TO ATTEND. THERE IS A FEE FOR CANCELLATIONS WITHIN 24 HOURS OR NO-SHOWS DUE TO LIMITED SPACE AND HIGH DEMAND.

PLEASE APPROACH RECEPTION DESK FOR RSVP AND INQUIRY :

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