



DAMAI  
GROUP  
CLASSES



# DAMAI

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## GROUP CLASSES AT DAMAI HOUSE

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### ABT (ABDOMINALS, BUTT, AND THIGHS) ☐ ☐

ABT sculpts and tones your core, glutes, and legs through targeted strength and conditioning. Using various equipment for high-repetition exercises, it builds strength, definition, and endurance. Suitable for all levels with modifications and advanced options, ABT enhances stability, balance, and functional strength.

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### ALIGNMENT ☐

Explore the foundations of movement and posture through a precise and mindful approach. This class focuses on deepening your understanding of anatomical alignment and biomechanics to enhance both the effectiveness and safety of your practice. Ideal for those looking to refine technique, prevent injury, and build a strong, sustainable yoga foundation.

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### BALA® FLOW ☐ ☐ ☐

Bala® Flow is a dynamic yoga and strength class incorporating Bala® Bangles to intensify movements. You'll flow through sequences designed to build heat, strength, and flexibility. Ideal for all levels, it improves muscle tone, flexibility, and mind body connection.

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### BALA® PILATES CORE ☐ ☐ ☐

Unlock a stronger, more defined core with our Bala® Pilates Core. This invigorating workout combines the core strengthening principles of Pilates with the subtle resistance of Bala® Bangles. Feel the burn as you engage deep abdominal muscles, improve posture, and build a powerful foundation. Suitable for all, this class offers a unique and effective way to transform your core and enhance your overall fitness.

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### BODY TONE ☐ ☐

Body Tone kicks off with a 15 minute kickboxing warm up to boost stamina and burn calories, then flows into a full body toning workout using bodyweight, dumbbells, resistance bands, and light cardio. Expect stronger arms, a tighter core, and toned glutes and legs, all while improving posture and endurance. Fun, effective, and suitable for all fitness levels.

☐ Beginner

☐ Intermediate

☐ Advanced

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# D A M A I

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## CHAIR YOGA ☐ ☐

This specialized class combines the use of a conventional yoga chair with traditional asanas. The chair enables longer holds of the postures and facilitates deeper stretching with ease and support. Suitable for all levels. Classes are taught with modifications to allow an easy transition to more complex poses. Full inversions may be included in these classes. Please arrive 15 minutes early before class to help set up the props.

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## HATHA YOGA ☐

Hatha Yoga harmonizes body and mind through breath linked classical poses, cultivating flexibility and strength at a gentle pace. This balanced practice opens the body, fostering a sense of equilibrium and overall well being.

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## HATHA IN MOTION ☐

Hatha in Motion blends traditional Hatha yoga with slow, controlled movement and mindful transitions. You'll move through thoughtfully sequenced postures with a focus on alignment, breath, and body awareness, building strength, mobility, and flexibility. This balanced practice encourages steadiness and control while cultivating a calm, focused mind and deeper mind body connection.

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## PILATES MAT ☐ ☐

Our Pilates Mat class guides you through a series of controlled movements designed to sculpt and strengthen your entire body. You'll focus on enhancing posture, core engagement, and increasing flexibility, while simultaneously releasing tension and stress.

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## RESTORATIVE ☐

A deeply rejuvenating practice designed to calm the nervous system and promote holistic healing. Using supportive props, this class encourages complete relaxation through gentle, sustained postures, helping to release tension, reduce stress, and restore physical and emotional balance. Ideal for all levels, especially those seeking rest, recovery, and a sense of inner peace.

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## RESTORATIVE WITH SOUND BATH ☐

A deeply relaxing class combining 30 minutes of gentle restorative yoga with 30 minutes of immersive sound healing. Soft, supported postures help release tension and calm the nervous system, followed by soothing vibrations from singing bowls and chimes to guide the mind into a meditative state. Suitable for beginners and all levels, this session leaves you feeling grounded, clear, and fully restored.

☐ Beginner

☐ Intermediate

☐ Advanced

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## KICK BOXING ☒

Build power, speed, and stamina in this high energy kickboxing class. You'll move through punch and kick combinations, cardio intervals, core work, and athletic conditioning to train the whole body while improving coordination, balance, and agility. Suitable for all levels with options to progress at your own pace.

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## VERTICAL STRETCH ☐

Experience the transformative benefits of vertical stretching with our exclusive MBT (Mind, Body, Therapy) Wall system and specialised equipment, available only at Damai House. This unique class is designed to lengthen and strengthen your muscles, improve posture, and enhance flexibility. Supported stretches gently decompress your spine, fostering a deeper body opening and a sense of relaxation. Whether you're a beginner or an experienced practitioner, this class provides a safe and effective method to increase your mobility.

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## VINYASA ☐

Vinyasa offers an invigorating and dynamic practice that synchronises breath with movement, creating a seamless flow of postures. This style of yoga builds strength, flexibility, and focus as you transition smoothly from one pose to the next, all while being guided by your breath.

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## YIN YOGA ☐

Yin Yoga is a gentle, meditative style of yoga where poses are held for 3–7 minutes, allowing the body to soften and release tension. By targeting deep connective tissues, fascia, and joints, it helps improve flexibility and mobility while restoring balance in the body's energy flow. Yin Yoga also cultivates mindfulness and inner calm, making it a perfect complement to more dynamic practices and a soothing way to relieve stress.

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## YOGALATES ☐

A dynamic practice that fuses the strength and flexibility benefits of yoga with the core tightening and sculpting power of Pilates. Improve your posture, build lean muscle, and experience a profound sense of balance and wellbeing.

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## PILATES WITH BLOCKS ☐

This class combines the precision of Pilates with the support and challenge of yoga blocks. By adding elevation, resistance, and stability, blocks help deepen core engagement, refine alignment, and bring fresh intensity to classic Pilates movements. Perfect for building strength, balance, and control in a safe, creative way.

☐ Beginner

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## SOUND BATH ☐

A deeply restorative experience where participants are immersed in soothing vibrations from crystal bowls, gongs, and other instruments. The resonance calms the nervous system, eases tension, and promotes inner stillness, leaving you refreshed, rebalanced, and more connected to yourself. No movement required—just relax and receive.

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## SOL RING YOGA ☐

SOL Ring Yoga is a fusion of myofascial release and yoga, using a specially designed concave ring to provide a full-body massage while supporting deeper yoga stretches. The versatile ring can be used in place of a yoga strap, massage ball, and yoga blocks, while helping students explore proper alignment, mobility, and release. Open to all levels, this class is suitable for students with or without prior yoga experience.

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## YOGA FLOW ☐

An energizing class where breath and movement are seamlessly linked in a dynamic sequence. Flowing through postures builds strength, flexibility, and stamina while keeping the mind focused and present. Expect a well rounded practice that leaves you both invigorated and centered.

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## YOGA STRETCH ☐

This gentle class focuses on improving mobility and releasing tightness through mindful stretches and supportive postures. With an emphasis on relaxation and flexibility, Yoga Stretch is ideal for beginners or anyone seeking to ease tension and restore balance in the body.

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## YOGA WHEEL ☐

A playful yet challenging practice using the yoga wheel as a prop to open the chest, shoulders, and hips while enhancing balance and core strength. The wheel provides support for deep backbends, helps refine alignment, and adds variety to familiar poses, making the practice both therapeutic and fun.

☐ Beginner

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☐ Advanced

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## PREMIUM CLASSES AT DAMAI HOUSE

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### 90-MINUTE VERTICAL YOGA ○○○

Elevate your yoga journey with our 90 minute Vertical Yoga Premium class, an immersive practice using the exclusive 181 Mindful Body Therapy Wall system at Damai House. This extended 90 minute session allows for deeper traction, longer posture holds, and expanded variations that cultivate profound opening, strength, and alignment awareness. Expect supported inversions, refined techniques, and a transformative consequence that integrates both body and mind, making this class ideal for experienced yogis seeking not just movement, but a transformative journey of growth and discovery. Guests may access the changing room 15 minutes before class and enjoy the facilities for up to 45 minutes after class ends.

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### 90-MINUTE VERTICAL PILATES & SOUND BATH ○○○

Experience the ultimate mind body reset with our 90 minute Vertical Pilates & Sound Bath Premium class, exclusively at Damai House. Begin with tactical ropes and resistance bands to intensify your workout to build core strength, enhance joint mobility, and improve flexibility through dynamic resistance training designed for experienced practitioners. After energising and challenging your body, transition into deeply resourced stillness. A meditation and sound therapeutic vibrations that both elevate your physical practice and nurture inner balance within. This premium combination of strength, stretch, and sound offers a holistic journey that both elevates your physical practice and nurtures inner stillness. Guests may access the changing room 15 minutes before class and enjoy the facilities for up to 45 minutes after class ends.

○ Beginner

○○ Intermediate

○○○ Advanced

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DAMAI  
SPA & FITNESS CENTRE

Grand Hyatt Singapore, 10 Scotts Rd, Singapore 228211

T +65 6416 7132 E [damai.sg@hyatt.com](mailto:damai.sg@hyatt.com) [singapore.grand.hyatt.com](http://singapore.grand.hyatt.com)

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