

# EMILY MOAK

## YOGA INSTRUCTOR AND NUTRITIONIST

drift  
BY NIYAMA

**In-Residence: From 10th May - 29th June 2024**

Emily is a passionate Yoga instructor who seeks to empower others on their wellness journeys. Whether it's your first Yoga class or you already practice, you are sure to enjoy an inspiring and heartfelt practice.



Join her in her all-levels 60 min group class or book a private to fit your goals and interests. Exciting Kids Yoga sessions are also available. Emily also gives Floating Yoga classes on stand-up paddle boards anchored to a Yoga dock on the clear and calm lagoon. This novel and creative Yoga style improves your balance, focus, and core strength while enjoying nature and having fun.

### GROUP & PRIVATE YOGA

A perfect blend of stretch, strength, balance, breath work, and relaxation for all levels.

#### GROUP MORNING YOGA

Mondays to Saturdays

**Price:** USD 39 net per person

**Time:** 8:00 am - 9:00 am

**Venue:** Flow Yoga Pavilion (Surf Shack)

#### PRIVATE YOGA FOR ADULTS

**Price:** USD 119 net main adult and USD 39 net for additional person.

**Venue:** Flow Yoga Pavilion (Surf Shack)

### KIDS AND TEEN YOGA

**Ages:** 3 yrs - 6 yrs or 7 yrs - 10 yrs or 11 yrs - 14 yrs

**Venue:** Explorers Kids Club or Flow Yoga Pavilion (Surf Shack)

Through fun Yoga games, storytelling, musical instruments, and relaxation kids can learn about Yoga and explore their creativity. They will learn skills that will help them focus on school and have a better awareness of themselves. Teens can enjoy a motivating practice set to modern pop music and age-appropriate movement.

### KIDS AND TEEN GROUP YOGA WEDNESDAYS

**Price:** USD 29 net per kid (max 8 participants)

**Time:** 2:30 pm to 3:30 pm

### PRIVATE YOGA FOR CHILDREN

**Price:** USD 79 net main kid/teen and USD 29 net for additional person (Brother, sister, or family friend)

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## FLOATING SUP YOGA

Enjoy a beautiful connection to nature as you practice Yoga on a SUP (stand up paddle) board anchored to a floating dock on the clear and calm lagoon. This new and fun Yoga style improves your balance, concentration, and core strength. Group classes (max 4), private or family sessions available.

### GROUP FLOATING SUP YOGA

Tuesdays and Fridays

**Price:** \$69 net per person

**Time:** 4:45 pm - 6:00 pm

**Venue:** Deli Beach

### PRIVATE OR FAMILY FLOATING SUP YOGA

**Price:** \$199 net (Up to 4 people)

**Venue:** Deli Beach

### FAMILY & COUPLES YOGA

Family sessions build connection, trust, and provide fun for everyone.

#### Family Yoga

**Price:** \$169 net per family

**Venue:** Flow Yoga Pavilion (Surf Shack)

#### Couples Connect Yoga

**Price:** \$139 net per couple

**Venue:** Flow Yoga Pavilion (Surf Shack)