



& BEYOND

Yoga, fitness, meditation & healing menu

Deeply intertwined with the nation's cultural and spiritual heritage, Bhutan is a haven for yoga and meditation enthusiasts. Many Bhutanese people incorporate yoga and meditation into their daily routines to improve their physical and mental well-being, ultimately seeking inner peace and enlightenment.

At &Beyond Punakha River Lodge, we invite you to experience the transformative power of these ancient practices. Find peace and tranquility amidst the beauty of Punakha Valley and the towering Himalaya. Channel your energy, increase self-awareness, and discover an expanded sense of being on your yoga journey.

Our daily morning classes, led by our experienced yoga instructor, are available to all guests and cater to all fitness levels.

If you wish to deepen your understanding and practice, additional private yoga sessions can be booked at any time during your stay for an additional cost.

Ashtanga Yoga

A dynamic and physically demanding practice that synchronises breath with a progressive series of postures to build strength, flexibility, and endurance. Ideal for intermediate and advanced yogis.

Hatha Yoga

A traditional yoga style suitable for all levels, focusing on alignment, balance, and posture. Perfect for those seeking a gentle yet effective practice.

Yin Yoga

Ideal for intermediate and advanced yogis, Yin Yoga is a slow-paced style that emphasises deep stretching and relaxation, targeting connective tissues to promote flexibility.

Ashtanga Vinyasa Yoga

Combining the precision of Ashtanga with the flow of Vinyasa, Ashtanga Vinyasa offers a dynamic and energetic practice that seamlessly flows from one pose to the next. This practice challenges you to synchronise your breath with the continuous movement of postures, and each session offers a unique experience as you become more attuned to your breath.

Mindful Meditation

Experience deep relaxation and rejuvenation through various techniques, including breathing exercises, deep-body relaxation, and passive, active, and guided meditation. Suitable for both beginners and advanced practitioners; no prior meditation experience is necessary.



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