

Talise Movement Timetable

SEPTEMBER 2025

T A L I S E

S P A

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
					Yin Yoga 8:30 - 9:30 9:45 - 10:45 (Female only)	Detox Yoga 8:30 - 9:30 9:45 - 10:45 (Female only)
	Reformer Pilates 8:30 - 9:15 9:30 - 10:15 (Female only)		Reformer Pilates 8:30 - 9:15 9:30 - 10:15 (Female only)		Reformer Pilates 9:30 - 10:15	
		Sound Healing Meditation 11:30 - 12:15		Yoga Nidra 11:30 - 12:15		
		Yoga for Posture and Alignment 18:00 - 19:00	Yin Yoga 18:00 - 19:00	Face Yoga 18:00 - 19:00	Beach Sunset Yoga 18:30 - 19:30	Vinyasa Flow Yoga 18:30 - 19:30
		Reformer Pilates 19:00 - 19:45				

Beach Sunset Yoga

Let the transformative power of nature guide your practice, as the warmth of the sun and the rhythm of the sea ground your breath, clear your thoughts, and support each movement with mindful purpose.

Location: Beach by the Celeste Pool, Jumeirah Al Qasr

Vinyasa Flow

Vinyasa yoga harmonises movement with breath, guiding you through graceful transitions from one pose to the next, flowing each inhale and exhale. Leaving you feel energised and balanced.

Location: Beach by the Celeste Pool, Jumeirah Al Qasr

Yin Yoga

A relaxing slow-paced style with postures that are held for longer periods of time, working on connective tissues to improve circulation in joints.

Location: Talise Spa, Madinat Jumeirah (Indoors)

Detox Yoga

A flowing yoga using different asanas to support detoxifications, particularly twist and bends to stimulate our organs.

Location: Talise Spa, Madinat Jumeirah (Indoors)

Yoga for Posture and Alignment

Improve body awareness and alignment with focused yoga techniques designed to correct posture, alleviate back pain, and prevent injury.

Location: Talise Spa, Madinat Jumeirah (Indoors)

Face Yoga

Awaken your inner glow in a serene group ritual that combines sculpting facial techniques with mindful breathwork to bring the body into gentle harmony.

Location: Talise Spa, Madinat Jumeirah (Indoors)

Yoga Nidra

Yoga Nidra is a guided meditation designed to bring deep rest and clarity. It helps to relieve fatigue and tensions, perfect for guests seeking balance during travel.

Location: Talise Spa, Madinat Jumeirah (Indoors)

Sound Healing Meditation

A full-body listening experience combining guided group meditation with the therapeutic sound vibrations of singing bowls and crystal bowls, releasing tension and gently guiding both mind and body into a deeply restorative state.

Location: Talise Spa, Madinat Jumeirah (Indoors)

Reformer Pilates

Unlock the power of mind-body connexion with Neuro Pilates led by our certified instructor. This practice combines the principles of Pilates with neuroscience to enhance physical strength, mental focus and overall well-being.

Location: Reformer Pilates Studio, Talise Spa, Madinat Jumeirah

Five Element Full Moon Yoga

Practice under the full moon and let the soothing sounds of the gently lapping waves relax you, allowing you to feel grounded and fulfilled.

Date: Sunday, 7 September 2025

Time: 19:30 onwards

Price: AED 120 per person

Location: Beach by the Celeste Pool, Jumeirah Al Qasr

Group Yoga Price List

Group Class: AED 95 per session

Sound Healing Meditation and Yoga Nidra: AED 50 per session

Group Class Package - 10 sessions: AED 855

Unlimited Yoga Group Class Package: AED 1,100 per month

J Club Members: AED 60 per class

Reformer Pilates Price List

Reformer Pilates Group Class: AED 250

Group Class Package - 10 sessions: AED 2500*

Pilates Private Class: Starting from AED 500 per session (classes available upon request)

*Valid for 6 weeks from the day of the 1st class.

Maximum capacity per group class is 4 guests.

Advance booking is required.

For more information and reservation, please contact: +971 4 366 6818 or email mjtalise@jumeirah.com