

Movement Timetable

OCTOBER 2026

T A L I S E

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
		Invigorate Pilates Pilates Studio 9:30 - 10:15		Invigorate Pilates Pilates Studio 8:30 - 9:15 9:30 - 10:15	Invigorate Pilates Pilates Studio 9:30 - 10:15	
					Sunset Yoga Yoga Garden 18:30 - 19:20	
			The Floating Ritual Talise Outdoor Swimming Pool 19:00 - 20:00			Full Moon Yoga Yoga Garden 19:00 - 20:30

Floating Sound Healing

A restorative floating sound-healing experience combining soothing vibrations with moments of stillness to calm the mind, relax the body and encourage a deeper sense of wellbeing.

Price: AED 220 per person

Full Moon Yoga

An evening beneath the full moon to move, breathe and reconnect. Journey through mindful yoga, meditation and reflection, before a symbolic fire ritual invites release and a renewed sense of intention.

Price: AED 250 per person

Date: Sunday, 25 October 2026

Sunset Yoga

As the day softens into golden hour, slow down with a calming yoga flow designed to ease the body and settle the mind. Breathe, stretch and reconnect through mindful movement in a restorative Talise experience.

Price: AED 120 per person

Invigorate Pilates

A dynamic Pilates experience bringing together expert guidance and personalised attention in a focused group setting. Build core strength, improve posture and enhance everyday wellbeing through mindful movement.

Price: AED 300 per person

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