

Movement Timetable

NOVEMBER 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	Immersiv Sleep Ritual Yoga Garden 18:30 - 20:00
	Full Moon Yoga Beach near Celeste 19:00 - 20:30		Candlelight Sound Healing and Meditation Yoga Garden 19:00 - 20:00			

Invigorate Pilates

A dynamic Pilates experience bringing together expert guidance and personalised attention in a focused group setting, with mindful movement designed to build core strength, improve posture and support everyday wellbeing.

Price: AED 300 per person
Date: Every Wednesday, Friday and Saturday

Full Moon Yoga

Inspired by the lunar energy of the evening, journey through a yoga flow, meditation, guided breathwork and sound healing on the beach near Celeste. Conclude with a symbolic fire ritual, inviting reflection and a renewed sense of intention.

Price: AED 250 per person
Date: Tuesday, 24 November 2026

Sunset Yoga

As the day softens into golden hour, slow down with a calming yoga flow, moving mindfully through gentle stretches and conscious breathwork to ease the body, settle the mind and restore a sense of balance.

Price: AED 120 per person
Date: Every Saturday

Candlelight Sound Healing and Meditation

Ease into the evening amid the tranquillity of the Yoga Garden at Talise Spa, with the soothing resonance of sound healing and guided meditation inviting you to slow down, release the day and return to a sense of calm.

Price: AED 220 per person
Date: Every Thursday

Immersiv Sleep Ritual

Let the breath guide you towards a quieter state of being, as an immersive breathwork journey encourages you to release emotional tension, quiet the mind and settle into a deeper sense of rest. Facilitated by Melissa McAllister, founder of Immersiv.

Price: AED 395 per person
Date: Sunday, 15 November 2026

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