

## WELLNESS

### SATURDAY

#### HATHA YOGA

9:00 AM, duration: 45 min

---

#### CRYSTAL SOUND HEALING

3:00 PM, duration: 45 min

### SUNDAY

#### VINYASA YOGA

9:00 PM, duration: 45 min

---

#### HANDPAN SOUND HEALING

3:00 PM, duration: 45 min

## THE SPA

working hours: 11 am - 8 pm, daily

---

+971 650 44 825

[spa.ajman@alzorahbeachresort.com](mailto:spa.ajman@alzorahbeachresort.com)