

The Ritz-Carlton, Bali Introduces “Fly High” Aerial Yoga Classes

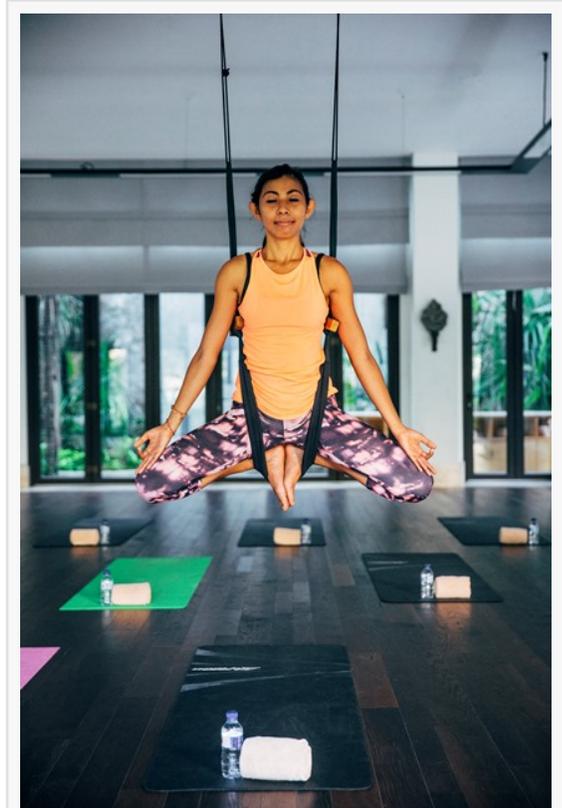
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[/EINPresswire.com/](http://EINPresswire.com/) -- Inspired by the transformative beauty of its idyllic Balinese surroundings, [The Ritz-Carlton, Bali](#) introduces new and uplifting “[Fly High Yoga](#)” classes. This unique new aerial yoga program makes guests feel like they are floating on air and uses the force of gravity to relax and realign the body, focus the mind and elevate the spirit while improving yoga techniques.

Aerial yoga enables guests to complete traditional yoga poses with the use of a special fabric hammock suspended from the ceiling, which supports the body’s weight to help correctly align challenging yoga postures and hold them for longer. Using the supporting hammock encourages proper postural alignment through relaxation rather than effort. In addition to the fun of feeling like you are flying, fly high yoga is recognized for helping improve core strength and alleviate muscle tension, neck and back pain.

“Fly High Yoga is designed for our guest to have fun while at the same time delight in an enhanced wellness offering,” says Karim Tayach, General Manager of the resort.

Fly High Yoga is available for the guest at The Ritz-Carlton, Bali who wishes to challenge their body without pushing it beyond its limits, regardless of age, fitness level, yoga ability or size. With the improved blood flow, the circulatory, respiratory and digestive systems are stimulated, leaving you bursting with energy and glowing with good health.



Fly High Yoga at The Ritz-Carlton, Bali

“

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Karim Tayach

Conducted by certified aerial yoga instructor, the new Fly High Yoga sessions will be held in the Yoga Studio at The Ritz-Carlton, Bali. Each 45-minute class is open to the non-resort guests as well as in-house guests, for a maximum of up to five practitioners.

It is recommended that a booking for a Fly High Yoga class to be made at least one day in advance.

Private class is available on request at additional charge. To

reserve your string for the Fly High Yoga class, please contact the Yoga Studio at +(62) 361 849 8988 or email to rc.dpssw.spa@ritzcarlton.com .

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About The Ritz-Carlton, Bali.
Offering an elegant tropical ambience, The Ritz-Carlton, Bali is a luxurious resort combining a dramatic clifftop setting with a stunning beachfront. Featuring tranquil views over the azure waters of the Indian Ocean the resort has 278 spacious suites and 34 expansive [villas](#), providing the sheerest of contemporary Balinese luxury. Along the foreshore are The Ritz-Carlton Club®, six stylish dining venues, an indulgent and exotic marine-inspired Spa, and fun, recreational activities for children of all ages at Ritz Kids. A glamorous beachfront wedding chapel, makes an idyllic setting for destination weddings, while a range of outdoor garden settings provide the perfect space for celebratory events and incentive venues. Well-appointed conference facilities, meeting rooms and customizable packages also entice those looking to create inspired business events. Whether work, pleasure or romance is on the agenda, The Ritz Carlton Bali is the place to make memories that last a lifetime. Follow us on Facebook, Instagram, Twitter, Youtube.

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Yoga Studio at The Ritz-Carlton, Bali



Total Relaxation



Balance Training

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