

# Yoga lessons

## KUOKOA YOGA

[Tour Details] Yoga classes at the Seawood Hotel site.

Morning Yoga or Sunset Yoga at the Seawood Hotel site.

Guests can enjoy yoga in a totally different setting to their usual surroundings.

[Time required] Duration: About 60 minutes

«Morning Yoga» 6:30 to 7:30 or 8:30 to 9:30

«Sunset Yoga» 18:15 to 19:15

[Meeting place] Please meet at the reception desk of the hotel at least 5 minutes

before starting time. We will take you to the venue.

\*Lessons will be held indoor if it is raining.

[Booking] Bookings for Morning Yoga classes ( 6:30 to 7:30 or 8:30 to 9:30):

Bookings should be made by 20:00 on the previous day.

Bookings for Sunset Yoga classes (18:15 to 19:15): Bookings should be made by 8:30 on the day of the classes.

ご予約はこちらから(HP)



Person in charge : 平松

\* There is no minimum class size.

+8180-4868-3445

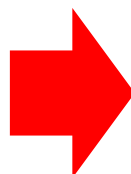
\*We may be able to accommodate additional participants in bookings

already made.

[Charges] Standard Rate

3,500 yen (Tax Included) /  
12 years old and over

1,500 yen (Tax Included) /  
6 to 11 years old



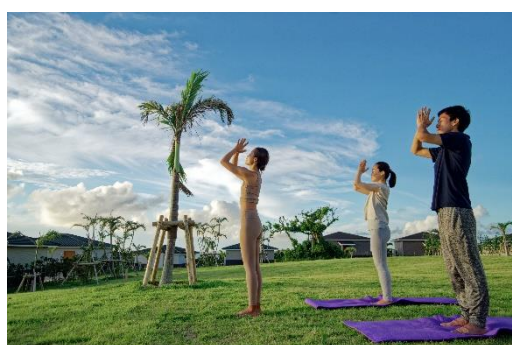
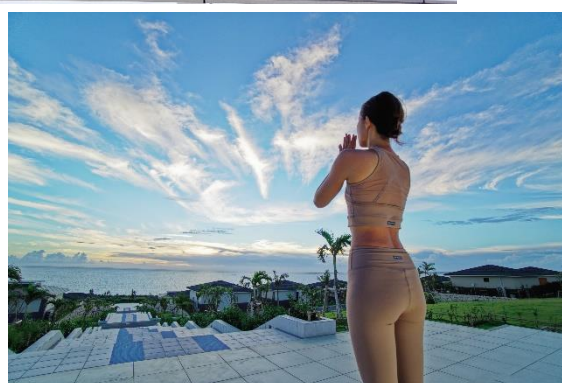
**Seawood Hotel guests Special Rate**

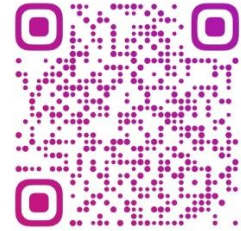
**3,300 yen (Tax Included) /**  
**12 years old and over**

**1,250 yen (Tax Included) /**  
**6 to 11 years old**

\*Yoga lessons available only to those 6 years and older.

[Payment method] アクティビティ業者さんに現金にて直接支払い





**KUOKOAYOGA**

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Official Instagram