

TRAIN YOURSELF — DO YOUR PRACTICE AND ALL IS COMING

SLOW SPORT activities are designed to enhance your well-being and give you full power!

Private classes are available on demand in Slow Spa

PILATES

Pilates is a body conditioning routine that seeks to build flexibility, strength, endurance, and coordination.

The health benefits of Pilates include: improved flexibility, increased muscle strength and tone, particularly of your abdominal muscles, lower back, and hips.



250,000 IDR per person
(Depending on availability of the teachers)

Group classes available at Mandalablue, ask Slow reception for the Mandalablue Yoga studio calendar.

YOGA / MEDITATION – For beginner or advanced

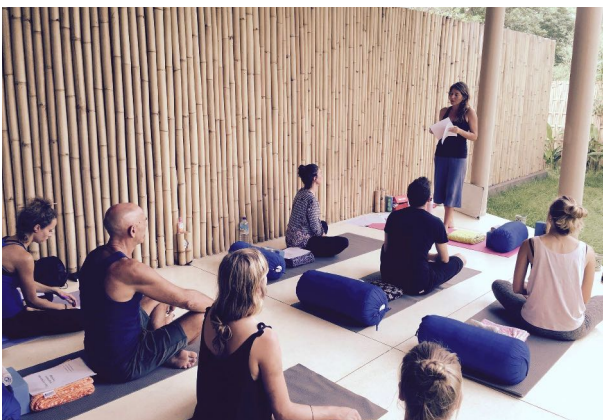
A Hindu spiritual and ascetic discipline embracing breath control, simple meditation, and the adoption of specific bodily postures. Yoga is widely practiced for health and relaxation. The physical benefits of yoga include: increased flexibility, increased muscle strength and tone, improved respiration, energy and vitality and maintaining a balanced metabolism.



500,000 IDR per person (Depending on availability of the teachers)

SLOW RETREATS – For beginners

A 3 Day immersion in the 5 elements of modern Traditional Chinese Medicine, yoga asana practice, the main acupressure points and the different techniques to activate the flow of energy through the major lines of the meridian system.



3,000,000 IDR per person (depending on availability)

Ask us about our walk-in Yin Yoga and Acupressure retreat

For more info on our year round retreats visit www.slowretreats.com

Follow us on facebook and instagram [@slowretreats](https://www.instagram.com/slowretreats).

TRAIN YOURSELF — IN A FUN WAY

ACRO-YOGA — For beginner or advanced

AcroYoga is a mix of partner acrobatics, Thai massage, and yoga. Essentially, it builds a practice of the understanding of trust. Trust within the body, trust within the community, and trust in the fact that it's a lot of fun to do these amazing things you never thought you'd be able to do.



250,000 IDR per person (min. 500.000 IDR) (Depending on availability of the teachers)

Group classes available at Mandalablue, ask Slow reception for the Mandalablue Yoga studio calendar.

HULA — HOOP — For beginners

Bring your core to the floor!

Hooping is a fantastic way to tone the troublesome tummy area, but there are many other benefits that can be gained from spinning a hoop, namely improved strength, coordination and calorie burning, as well as the undeniable enjoyment factor!

The most important thing we hope to achieve is quite simply, a lot of fun! Some people come for an intense abdominal and cardio workout, some come for the first time just hoping to learn how to keep a hoop spinning around their hips!

It is an undeniable truth that how you feel on the inside, affects how you feel on the outside, so we hope your mind will focus on the fun as we help your body focus on the fit. We love hooping, and hope that after a Hula Hoop Class, you will be left feeling lighter in both step and spirit, which is a great place to start (or continue) the journey towards long- term success of a happy and healthy mind and body!



250,000 IDR per person (Depending on availability of the teachers)

Pōi – For beginners

Pōi refers to both a style of performing art and the equipment used for engaging in poi performances. As a performance art, poi involves swinging tethered weights through a variety of rhythmic and geometric patterns. Poi artists also dance whilst swinging poi.



250,000 IDR per person (Depending on availability of the teachers)

FIRE SHOW – For beginners

Fire performance typically involves equipment or other objects made with one or more wicks which are designed to sustain a large enough flame to create a visual effect.

Fire performance includes skills based on juggling, baton twirling, poi spinning, and other forms of object manipulation.



250,000 IDR per person (Depending on availability of the teachers)

GILI CREATIVE SUNDAY MUSIC SESSIONS – join in the fun!

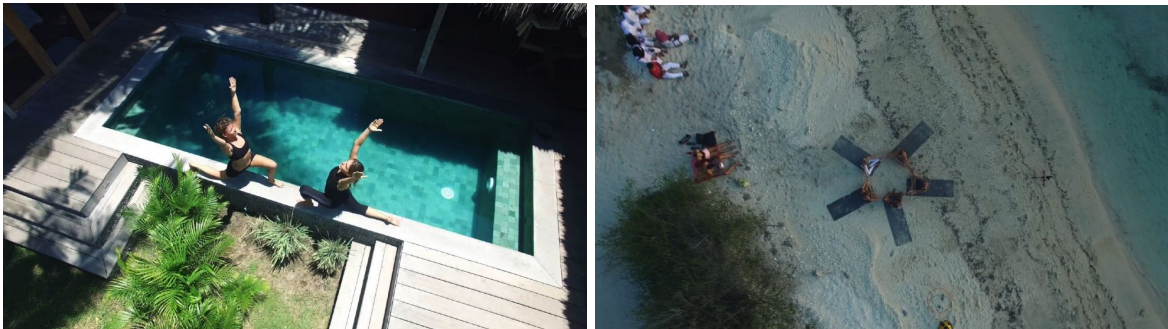
Join the Gili Magic Crew monkeys for their weekly meeting point at Lucky's Bar, from sunset. Live DJ's, acrobatic performances, fire show.....this is a walk-in Jam session!



Free donation at Lucky's bar

PERSONALISED GILI PROGRAM

Meet with our Gili program coordinator and she will design your personalized Gili experience with you. Make your time in Gili count.



Price: Tailor– made

Tax not included; all prices are subject to 21% tax and service charge