

DAILY CLASS SCHEDULE

Monday:

Icebath/Breathwork 10-11am, 300 THB
VIPASSANA MEDITATION TRAINING 4-5pm, 300 THB
SUNSET Icebath/Breathwork 5:15-6:15pm, 400 THB

Tuesday:

Icebath/Breathwork 10am, 300 THB
BREATHWORK FOR DIVERS 4-5pm, 300 THB
SUNSET Icebath/Breathwork 5:15-6:15pm, 400 THB

Wednesday:

Icebath/Breathwork 10-11am, 300 THB
MEDITATION & BREATHWORK 4-5pm, 300 THB
SUNSET Icebath/Breathwork 5:15-6:15pm, 400 THB

Thursday:

Icebath/Breathwork 10-11am, 300 THB
YOGA FOR SHOULDERS/ NECK 4-5pm, 300 THB
SUNSET Icebath/Breathwork 5:15-6:15pm, 400 THB

Friday:

Icebath/Breathwork 10-11am, 300 THB
BREATHWORK FOR DIVERS 4-5pm, 300 THB
SUNSET Icebath/Breathwork 5:15-6:15pm, 300 THB

Saturday:

Icebath/Breathwork 10-11am, 300 THB
YOGA FOR THE HIPS 4-5pm, 300 THB
SUNSET Icebath/Breathwork 5:15-6:15pm 400 THB

Sunday:

Icebath/Breathwork 10-11am, 300 THB
MEDITATION & BREATHWORK 4-5pm, 300 THB
SUNSET Icebath/Breathwork 5:15-6:15pm, 400 THB

CLASS PASS:
5 CLASSES/1,200 THB

WhatsApp TO SCHEDULE:
(or FB/IG: untameyourlife)

