

# SkyPark Yoga by Virgin Active

## ABOUT THE EXPERIENCE

A different kind of outdoor yoga experience held at Sunrise on the Sands SkyPark. Virgin Active brings you over a series of classes on the Sands with varying intensities.

	Duration	Calories burnt	Skill level	Offered at
	45 Mins	Up to 200	All levels	Sands SkyPark, Marina Bay Sands Level 56

## WHY IS THIS GOOD FOR ME?

This intense, purposeful and dynamic yoga creates a connection between breath and movement. Increase strength and support muscle development while clearing your mind. Virgin Active's signature yoga programme is heavily rooted in Ayurveda, which is described as an ancient science of holistic healing for mental state and physical constitution.

## YES, I AM INTERESTED

How do I book?

	Public	Virgin Active Member	Sands Lifestyle Rewards Member
	<ul style="list-style-type: none"> <li>Sign up for a <a href="#">PAYG</a> account</li> <li>Login to mylocker</li> <li>Select class(es) you wish to book</li> <li>Make payment</li> <li>Viola, all set!</li> </ul>	<ul style="list-style-type: none"> <li>Login to <a href="#">mylocker</a></li> <li>Book a class</li> <li>Select class(es) you wish to book</li> <li>Make payment</li> <li>Viola, all set!</li> </ul>	<ul style="list-style-type: none"> <li>Login to <a href="#">SLR</a></li> <li>Click on My Offers &gt; Events &gt; SkyPark Yoga by Virgin Active &gt; Book Now</li> <li>Sign up for a PAYG account</li> <li>Login to mylocker</li> <li>Select class(es) you wish to book</li> <li>Make payment</li> <li>Viola, all set!</li> </ul>

PAYG: Pay-As-You-Go | SLR: Sands Rewards LifeStyle

## WHAT SHOULD I BE PREPARING FOR THE CLASS?

What will be provided?



Manduka Mat



Yoga Blocks



Workout towel



Wireless silent headphones for fully immersive experience

What should I bring along?



Come in workout attire



Bottled water



Sunscreen

## WHAT TIME SHOULD I ARRIVE?



Arrive at MBS up to 15 minutes before the class is scheduled to begin

## WHERE DO I HEAD TO FOR THE SKYPARK YOGA EXPERIENCE?



Head to Marina Bay Sands Hotel, Tower 3  
Enter via the outdoor entrance (near taxi drop off at Hotel, Tower 3)

## WHAT SHOULD I EXPECT WHEN I ARRIVE?

- Staff will be checking on your class booking to ensure you are attending the class you've booked
- Sands Lifestyle Rewards members will need to produce membership card upon entry
- Staff will guide you to the deck for your workout
- Wireless silent headphones will be used for the class

## WET WEATHER PLAN

Be sure to double check your details are correct on mylocker

### Before the class starts

If class is cancelled, you will receive a text message (SMS) and/or email between 75 to 90 minutes before the class is scheduled to start

### During the class

For your safety, we will cancel the class right away

### What happens next

A credit will be added to your mylocker account automatically for you to book another SkyPark Yoga session

### Credit validity

6 months from the date of issue

## I AM NOT ABLE TO MAKE IT FOR THE CLASS I'VE BOOKED

### Can I cancel my booking

Yes

### How do I do so

- Log into mylocker
- Click manage my bookings
- Click to cancel the selected class

### What happens

Cancel anytime before 9pm the day before, class credit added to your mylocker account

Cancel anytime after 9pm the day before, unfortunately, the class credit will be forfeited