

WELLNESS EXPERIENCE WITH “LES AMAZONES PARISIENNES”
AT SHANGRI-LA PARIS, IN THE SPLENDID SWIMMING POOL OF CHI, THE SPA

Shangri-La Paris is pleased to welcome *Les Amazones Parisiennes* for Aqua Yoga sessions. Chi, The Spa is a space of inner peace and relaxation, an atmosphere conducive to personal growth and well-being. Aqua Yoga is a unique relaxation experience, it takes place in two parts combining yoga practice on land, then practice in the water, in the form of a synergy between dance, tai chi and martial arts. A gentle blend of ancestral healing techniques and positive psychology to learn how to take care of yourself.

Information :

- ~ *Starting October 7th, 2021, every Thursday from 6:30 to 7:30 pm.*
- ~ *Classes are limited to 7 people.*
- ~ *Price for one session : 45€.*
- ~ *Price for a session and a detox smoothie : 60€.*
- ~ *Reservations and information by phone at 01 53 67 19 78 or by email at Chi.Paris@shangri-la.com.*
- ~ *Classes are accessible to pregnant women unless there is a medical contraindication.*



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