



## Private Yoga with Sunny McGill

Certified at a Sivananda yoga school in India, Sunny has since developed her own signature teaching style – blending Vinyasa, Hatha and Sivananda. Focusing on calming the mind and feeling the powerful connection between body, mind and breath, Sunny’s yoga classes offer a journey towards inner peace and mindfulness.



### About Sunny

Originally from Thailand, Sunny moved to Canada in 2000 where she studied and worked for 11 years. Her yoga passion began in 2008 when she experienced yoga for the very first time and left the class thinking “Wow, I want to be a yoga teacher. I know I can do this!” Working in palliative care at a hospital was an eye opener for Sunny. Caring for people nearing the end of their lives

encouraged her to live life to the full and pursue her own passions . A year later Sunny moved back to Thailand and commenced her yoga career. Receiving a yoga teacher certificate in India, and now an experience registered yoga teacher (ERYT 200) with Yoga Alliance, Sunny lives in Koh Phangan where she teaches Yoga classes.

### Yoga Offering:

**Private Yoga (90 Mins)**

**THB 3,500++/ person or couple**

**Group Yoga (90 Mins)**

**THB 6,500++/ 5 people**

### Vinyasa Hatha (Sunny's signature class)

This class is a mix of Vinyasa Flow and Hatha. Sessions begin by warming up the body with Suryanamaskar, followed by Vinyasa style poses synchronising movement with the breath. The first half of this class comprises energetic movements that increase heat to make you sweat and raise your heartbeat, with each asana held for five deep breaths. The second half is slower Hatha asanas that are held for 10 deep breaths or more. Each class ends with a long rest of Savasana and Pranayama.



### **Hatha Yoga**

This class focuses on the stillness of both body and mind, using the power of deep breath. Suryanamaskar warms up the body, leading into slow static movements in which each asana is held for 10 or more deep breaths. The class ends with a long rest in Savasana and more practice of Pranayama.

### **Sivananda Yoga**

Sivananda yoga comprises a sequence of 12 poses, beginning with postures that focus on the crown chakra and make their way down to the root chakra. The class ends with a long rest in Savasana, and extensive Pranayama and meditation.

### **Detox Yoga**

This slow style of yoga is ideal for days when you need to do less, whilst nurturing positive benefits. Comprising a mix of basic asanas, the session commences with lying down poses, following by standing poses towards the middle of the class, and then slowly coming back to lying down poses again. Enhancing peace and stillness, each pose is held for 10 deep breaths or more, and the class ends with a long rest in Savasana, Pranayama and meditation.

**To reserve a private session with our expert practitioners, please contact Anantara Spa.**

**Advance booking is required.**

*All prices are in Thai Baht and subject to 10% Service Charge and 7% Government Tax. Prices are subject to change without prior notice.*