

## Family Zoo Yoga

*April 5, 2017, Seychelles*



Among the lush jungle foliage or beside the crystal clear Indian Ocean waters, children and families have been seen and heard transforming into exotic animals and roaring like lions, as part of a wild new yoga class at [Four Seasons Resort Seychelles](#).

Conducted by one of the Resort's resident yoga instructors, a family Zoo Yoga class sees every generation unleash their inner animal, with yoga poses specifically adapted to grab the attention of children and grown-ups alike. Parents participate alongside their children who can stretch out their new-found elephant trunks, wriggle like snakes and find their eagle wings during the fun-filled class. Lasting either 30 or 60 minutes, the session can be adapted to the family's needs, taking place either in the guests' spacious [treehouse style villa](#), at the [hilltop Spa's yoga pavilion](#) or even by the white sands of Petite Anse beach.

Over the Easter and festive periods, a dedicated children's group Zoo Yoga class is also added to the monthly yoga schedule, ensuring all younger guests have the opportunity to use their creativity to act out their inner zoo animal while in Seychelles.

Family Zoo Yoga is available on a private basis, upon request, and is priced at EUR 95 per family for a 30 minute session or EUR 150 per family for a 60 minute session, subject to 26.5 percent taxes and service charge. To make a reservation, contact the Spa directly by e-mailing [spa.seychelles@fourseasons.com](mailto:spa.seychelles@fourseasons.com) or calling +248 4393787.



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