

GET YOUR BEST SLEEP EVER

PAÑPURI WELLNESS x Daring to Rest™



Youmin Yap

Join the 45-min class:

PAÑPURI WELLNESS x Daring to Rest™

Yoga Nidra with Rest Specialist Youmin Yap to help you rest deeply and experience the best sleep of your life.

THB
750 PER SESSION

AVAILABLE FROM MARCH 7-15, 2019

at PAÑPURI WELLNESS, 12th Floor Gaysorn Tower

CLASSES START
AT 6:30 P.M. (WEEKDAYS)
AND AT 5 P.M. (WEEKENDS).
CLASSES ARE CONDUCTED
IN ENGLISH
ADVANCE BOOKING
IS REQUIRED.