

SERVICES BROCHURE

PRIVATE WELLNESS SESSIONS + RITUAL RETREATS

Fully guided, one-to-one experiences blending mindful movement, meditation, and spa. Each designed to restore balance, deepen connection + support long-term wellbeing.



MANDARIN ORIENTAL

THE YOGA CLASS



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THE YOGA CLASS

MODERN MOVEMENT MEETS RITUAL, RECOVERY + PRESENCE

Discover a new standard of luxury wellbeing through The Yoga Class × Mandarin Oriental Mayfair collaboration, a curated collection of Private 1:1 Sessions and Immersive Ritual Retreats that unite the precision of studio-grade movement with the restorative power of the spa.

Rooted in the serene, subterranean sanctuary of MO Mayfair, this unique partnership offers a personal, holistic journey designed to elevate both body and mind; designed to restore balance, deepen connection, reset, and elevate your wellbeing incorporating ancient wisdom and contemporary practices.

Each session begins with a private consultation, is led by one of London's most sought-after practitioners and tailored to your body, goals, and state of mind. Ensuring your session feels personal, mindful, and transformative.



PRIVATE 1:1 SESSIONS

60-Minute Private Sessions — Intelligent Movement, Mindful Breath + Presence

Each private session includes:

- *A tailored consultation and 60 minutes of guided practice*
 - *Choice of yoga, Pilates, mobility, or meditation*
 - *Complimentary one-month access to The Yoga Class App*
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PILATES

Reformer Pilates

Low-impact, high-precision movement to sculpt, strengthen, and improve posture. Builds tone, core stability, and functional strength.

£180 | 60 min | Reformer Studio

Mat Pilates

A dynamic full-body session focusing on control, alignment, and deep core activation, ideal for everyday strength, sculpting, and spine support.

single- £180 | couple- £100 each | 60 min | Private Studio

Mat Barre

Ballet-inspired conditioning blended with Pilates for a lengthening, toning workout that targets the arms, glutes, and core.

single- £180 | couple- £100 each | 60 min | Private Studio

Water Barre (Pool)

A graceful, low-impact barre session in the pool that gently tones and lengthens the body while supporting joint mobility and rehabilitation. The water's resistance builds balance, control, and stability. Finishing with a thermal pool relaxation.

single- £180 | couple- £100 each | 60 min | Spa Pool

YOGA

Dynamic Yoga

A flowing, breath-led practice to energise the body, strengthen muscles, and build heat — ideal for improving tone, focus, and flow.

single- £180 | couple- £100 each | 60 min | Private Studio

Restorative Yoga

A calming, deeply supportive session using long-held poses to release tension, calm the nervous system, and restore inner balance.

single- £180 | couple- £100 each | 60 min | Private Studio

Yin Yoga

Long-held, grounding postures to improve flexibility and still the mind. Supports joint health, emotional balance, and restful sleep.

single- £180 | couple- £100 each | 60 min | Private Studio

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MOBILITY + RECOVERY

Mobility Flow

Functional, movement-based sequence, beginning with active mobility and moving to passive stretching, designed to improve joint health, coordination, recovery, and body freedom- ideal for longevity.

single- £180 | couple- £100 each | 60 min | Private Gym Room

Assisted Stretch

A hands-on mobility session tailored to release fascia, improve flexibility, and deeply restore tight or overused muscles.

single- £180 | couple- £100 each | 60 min | Private Studio

BREATHE

Meditation + Breath-work

A 1:1 fully guided practice using stillness, transformative breath, and visualisation techniques to restore the central nervous system and shift emotional energy; finding clarity, calm, and optimising vitality from within.

single- £180 | couple- £100 | 60 min | Private Studio

BOOK YOUR SESSION



THE YOGA CLASS

RITUAL RETREATS

Immersive, 1:1 Rituals Combining Studio Grade Movement,
Meditation + Spa

Each Ritual Retreat includes:

- Guided 1:1 experience (45–90 minutes)
 - Half-day spa access
 - Complimentary The Yoga Class App membership
 - 15% restaurant discount
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GUIDED RESET + RECOVER | THERMAL + CONTRAST CIRCUIT

Reawaken body and mind through the elemental power of heat, cold, and breath. This Nordic-inspired circuit combines aromatic sauna, guided experience showers cold contrast therapy, and repeated cycles of warmth and contrast, to reduce inflammation, boost circulation, strengthen immunity, and sharpen mental clarity. The ritual closes with vitality pool meditation or deep rest, leaving you restored, resilient, and reset.

- Aromatic sauna experience
- Guided cold contrast therapy in experience shower
- Repeated contrast cycles of heat and cold
- Vitality pool or relaxation to close the ritual

single- £160 | couple- £85 each | 45 min | Spa Warm Zone





GUIDED THERMAL RESET + RECOVER — RITUAL EDITION

An immersive sauna master ritual blending ancient thermal traditions with modern wellbeing science. The experience weaves together heat, scent, touch, and contrast, guiding the body through cycles of warmth, cold immersion, and deep rest.

Begin with an aromatic steam cleanse to awaken circulation before entering the sauna for aromatic heat and ceremonial Aufguss towel waving to amplify detoxification. Traditional birch or oak leaf whisking follows, stimulating lymphatic flow, relieving muscle tension, and heightening sensory release.

Alternating heat and invigorating cold immersion enhances circulation, reduces inflammation, strengthens immunity, and clears the mind. The ritual concludes with guided breathwork and soothing body massage, calming the nervous system and leaving you feeling lighter, clearer, and deeply renewed.

- Aromatic steam and sauna experiences
- Multi-sensory awakening ritual
- Ceremonial towel waving (Aufguss)
- Traditional leaf whisking
- Cold contrast therapy
- Rest and stillness with body massage and guided breath-work

single- £255 | couple- £145 each | 75 mins | Spa Warm Zone

NERVOUS SYSTEM RESET

The Nervous System Reset Ritual is a restorative journey designed to bring the body back into balance and soothe the mind from the demands of modern living. Guests are guided through deeply supported restorative yoga postures, releasing tension and creating a sense of safety and ease within the body.

This is followed by down-regulating breathwork techniques—focused on slow, mindful breathing to enhance vagal tone, heart-rate variability, and parasympathetic activation. For those wishing to intensify the experience, the breathwork component may be taken within the gentle heat of the sauna, further supporting relaxation, circulation, and nervous system recalibration. The result is a state of deep rest and regeneration, leaving guests calmer, lighter, and profoundly rebalanced.

- 45 min Restorative Yoga
- 30 min Down-Regulating Breath-work (option to be taken in spa/ sauna)
- Add-On: 90 min Digital Wellness Escape (additional fee)

single- £255 | couple- £145 each | 75 mins | Private Gym Room + Warm Spa Zone

BOOK YOUR RITUAL



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SCULPT + STILLNESS

Sculpt + Stillness is a dynamic-meets-restorative ritual designed to strengthen, tone, release, and deeply restore. The journey begins with 60 minutes of Reformer or Mat Pilates to tone and lengthen muscles, improve posture, and build core stability.

A 15-minute assisted fascial release then melts away tension, enhances flexibility, and improves alignment. Finally, 15 minutes of guided breath-work and meditation — with the option to be taken in the spa or sauna—calms the nervous system, relieves stress, and restores inner balance. This ritual sculpts body and mind while leaving you grounded, recharged, and radiant from the inside out.

- 60 min Reformer / Mat Pilates
- 15 min Assisted Fascial Stretch
- 15 min Breath-work / Meditation (option to be taken in spa/ sauna)
- Add-On: 60 min Age-Defying Facial (additional fee)

single- £295 | couple- £175 each (no Reformer option) | 90 mins | Reformer/ Private Studio + Spa Warm Zone

LYMPHATIC DRAINAGE RITUAL

The Lymphatic Drainage Ritual is a full-body detox journey designed to reduce inflammation, ease puffiness, and boost circulation. It begins with 60 minutes of Mat or Reformer Pilates focused on lymphatic flow—including leg elevation, spirals, and rolling movements to stimulate drainage pathways.

This is followed by a 30-minute guided facial self-massage and lymphatic workshop, teaching techniques to de-puff, sculpt, and refresh. The workshop may also be taken in the spa or sauna to amplify benefits. Guests leave feeling lighter, tighter, and more radiant..

- 60 min Mat or/ Reformer Pilates for Lymphatic Flow
- 30 min Facial Self-Massage and Lymphatic Drainage Workshop (option to be taken in spa/ sauna)

single- £295 | couple- £175 each | 90 mins | Gym/ Private Studio + Warm Spa Zone

BOOK YOUR RITUAL



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SOUND + FREQUENCY HEALING

Guided by your expert practitioner, this immersive sound journey harnesses the profound healing power of crystal singing bowls, gongs, and other resonant instruments to bathe the body and mind in pure vibration. Each frequency is carefully curated to recalibrate your energy, quiet mental chatter, and restore deep inner balance.

As sound waves ripple through the body, they work on a cellular level—reducing stress, easing tension, improving sleep quality, enhancing clarity, and supporting emotional release. This is more than relaxation; it is a transformative sensory experience that leaves you grounded, uplifted, and profoundly renewed.

single- £245 | couple- £135 each | 60 mins | Private Therapy Room



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MOBILITY FOR LONGEVITY

Mobility for Longevity is a movement-led ritual designed to unlock joint mobility, release fascial tension, and build long-term resilience. Through 30 minutes of dynamic Mobility Flow, the body is guided to enhance functional movement and coordination. A 25-minute assisted fascial release then eases stiffness, improves posture, and supports recovery, while 20 minutes of breath-work and meditation- with the option to take this in the spa or sauna- calms the nervous system, reduces inflammation, and restores balance. This ritual promotes healthy ageing, freedom of movement, and a deeper sense of vitality.

- 30 min Mobility Flow
- 25 min Assisted Deep Fascial Release Stretch
- 20 min Breath-work + Meditation (option to be taken in spa/ sauna)
- Add-On: 90 min Intelligent Movement Treatment (additional fee)

single- £255 | couple- £145 each | 75 mins | Private Studio + Spa Warm Zone

SLEEP OPTIMISATION RITUAL

The Sleep Optimisation Ritual is a calming journey designed to reset circadian rhythm, soothe the nervous system, and prepare body and mind for restorative sleep. It begins with 45 minutes of Yin-inspired Deep Stretch, long-held, supported postures that release tension, improve circulation, and quiet stress responses. Guests are then guided through diaphragmatic breath-work and Yoga Nidra, a "yogic sleep" practice that systematically relaxes the body and promotes melatonin release.

Ideally preceded by time in the spa's heat and hydrotherapy facilities, the ritual can be enhanced with an optional add-on treatment. Perfect for easing jet lag, calming racing thoughts, and promoting deep, replenishing rest.

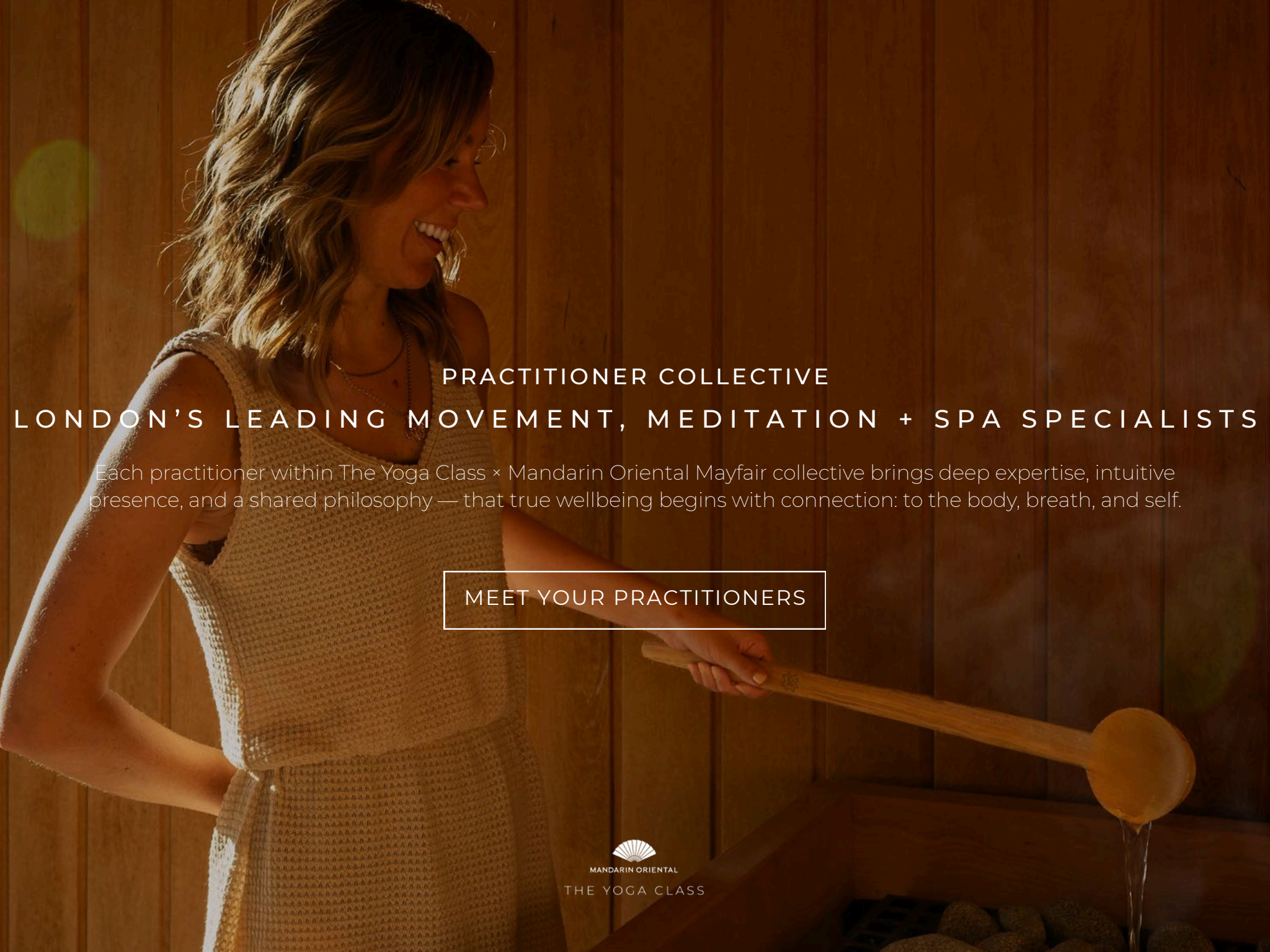
- 45 min Deep Stretch / Yin Yoga
- 30 min Meditation, Breath-work + Yoga Nidra
- Add-On: 22 min Binaural Vibroacoustic Therapy (additional fee)

single- £255 | couple- £145 each | 75 mins | Private Studio

BOOK YOUR RITUAL



THE YOGA CLASS



PRACTITIONER COLLECTIVE

LONDON'S LEADING MOVEMENT, MEDITATION + SPA SPECIALISTS

Each practitioner within The Yoga Class × Mandarin Oriental Mayfair collective brings deep expertise, intuitive presence, and a shared philosophy — that true wellbeing begins with connection: to the body, breath, and self.

MEET YOUR PRACTITIONERS



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“We are not here to perform, we are here to guide presence.
Each guest leaves lighter, calmer, and more connected, that is the
success measure.”

— Laura Dodd, Founder, The Yoga Class



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