



NAMAT  
BEIRUT

# CLASSES CATALOGUE

📍 ASHRAFIEH

☎ 01 217 604



# LIST OF CLASSES

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-STRETCH & RESTORE

-PRANAYAMA & MEDITATION

-POWER YOGA

-GENTLE YOGA FLOW

-DYNAMIC VINYASA

-VINYASA FLOW

-HATHA YOGA

-SILVER YOGIS

-PILATES SCULPT

-FUSION PILATES

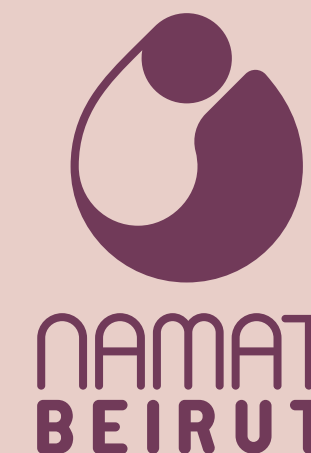
-BOOTY PILATES

-AERIAL DANCE

- STRETCHING
- MEDITATION
- YOGA
- PILATES
- AERIAL

# STRETCH & RESTORE

DURATION  
**45 MIN**



The Stretch & restore class is a great way to slow our system down and help loosen up the tightness while reducing soreness and some injuries.

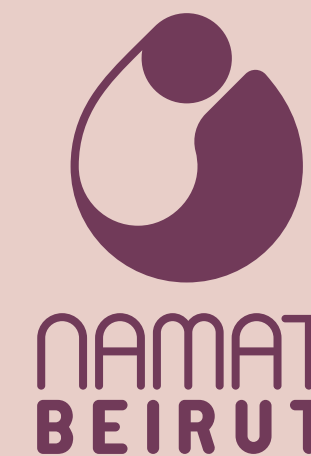
This assisted stretching class is a good way to gently get the blood moving through muscles, which can help recover after a workout!





# PRANAYAMA & MEDITATION

DURATION  
**75 MIN**



Meditation is a soothing and relaxing class, that will help you connect with your breath as a natural tool to relax, destress and be present in the moment.

This class includes breathing techniques, guided meditation or relaxation and a reflection time for you to open your heart and grow.



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# POWER YOGA

DURATION  
**60 MIN**



If it's faster-paced mindfulness and meditation that tickle your fancy, Power Yoga is for you. A vigorous fitness-based Vinyasa-style yoga, this practice works on your body in a way that emphasizes strength and flexibility, all the while increasing your focus and balance.

In this practice, you'll move faster between classic yoga poses in such a way that you'll get a more intense, cardio-driven, dynamic workout on the mat with some serious sweat to match.



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# GENTLE YOGA FLOW

DURATION  
**75 MIN**



It is a soothing and nurturing practice that focuses on creating a harmonious balance between mind, body, and breath. It is designed to promote relaxation, flexibility, and stress relief, making it an ideal choice for individuals seeking a gentle and accessible form of exercise.

The class typically consists of slow, flowing movements and gentle stretches, accompanied by deep breathing and mindful awareness.



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# DYNAMIC VINYASA FLOW

DURATION  
**60 MIN**



This flow focuses on improving your strength flexibility, and stamina as well as synchronizing the breath with every movement, using your own body weight. This practice is perfect for people who are looking to strengthen stabilizing muscles & reduce the risk of injury.

Moving from asana to asana through the breath provides an amazing stamina, that leads to a healthy mind and a positive life!





# VINYASA FLOW

DURATION  
**60 MIN**



Come connect with yourself and let the energy flow through your breath, combined with yoga postures.

It is the same principle like thai chi for chinese culture. The purpose of the vinyasa yoga class is for you to move your energy through your breath into your body in order to reconnect to your inner self.

This session will help you correct your posture and gain flexibility and strength for your muscles as well for your brain and heart.





# HATHA YOGA

DURATION  
**75 MIN**



Hatha yoga is a traditional slow paced, meditative, open class that will help you encourage proper breathing, flexibility, strength and vitality in your body.

Sivananda classical yoga is a holistic approach used to help you strengthen and harmonize the body, the mind and the soul.





# SILVER YOGIS

DURATION  
**75 MIN**



You're never too old to experience the benefits of yoga. For seniors we offer you a safe and soft practice, to help you stay balanced and enhance your physical & mind health for an overall wellness... We stretch and we breathe with awareness we release stiffness & rigidity in the body and finally reconnect with the inner space, to a better digestion & sleep quality.

Join us to Silver yogis, to keep yourself in a good shape, both mentally and physically with great support & attention guided by Monique.



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# YOGALATES

DURATION  
**60 MIN**



A mixture of yoga & Pilates workout where many Pilates moves get linked to yoga moves through challenging sequences. You will get a workout that increases core strength and improves posture, whilst increasing flexibility and reducing stiffness.

The Pilates exercises are aimed at strengthening the core abdominal muscles, which support the spine and assist in good posture.





# PILATES SCULPT

DURATION  
**60 MIN**



Pilates sculpt is an advanced workout on the mat.

The moves are more intense, and highly functional, working different muscle groups together, improving overall strength and endurance, and burning calories faster.



# FUSION PILATES

DURATION  
**60 MIN**



A combination of classical Pilates and Barre-inspired moves, with bursts of cardio and yoga in between.

This workout will definitely improve your posture, muscle endurance, and performance. You will end up in sweat!



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# BOOTY PILATES

DURATION  
**60 MIN**



This workout effectively activates the glutes and hamstrings to beautifully lift, sculpt and shape them, while toning your inner thighs and quads, through a combination of exercises using elastic bands, the magic ring, and weights.

Your glutes will definitely end up on fire!



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# AERIAL DANCE

DURATION  
**60 MIN**



Move freely, defy gravity, and explore space in three dimensions in our intermediate Aerial Dance class – also known as aerial acrobatics. Being suspended in the air with the support of the hammock allows you to gently reverse gravity and relieve the pressure that's accumulated in your body and mind.

Spinal decompression, lymphatic movement, core strengthening, upper body development, and lower body stability are only a few of the many benefits of this class.



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# CLASSES CATALOGUE

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# LIST OF CLASSES

📍 GEMMAYZE

**-STRETCH & RESTORE**

**-BARRE TO ROMY'S BEATS**

**-RESTORATIVE YOGA**

**-YOGA FOR BEGINNERS**

**-YIN & RELEASE**

**-YOGALATES**

**-PILATES ON THE MAT**

**-PILATES SCULPT**

**-FITNESS PILATES**





# STRETCH & RESTORE

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**45 MIN**



The Stretch & restore class is a great way to slow our system down and help loosen up the tightness while reducing soreness and some injuries.

It is also a good way to gently get the blood moving through muscles, which can help recover after a workout!



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# BARRE TO ROMY'S BEATS

DURATION  
**60 MIN**



Barre class is a workout technique inspired by elements of ballet, yoga, and Pilates focusing on low-impact, high-intensity small controlled movements with high repetitions designed to strengthen your body in ways that few other workouts can.

Using props and set to Romy's invigorating beats, this class is broken into different sections that focus on major muscle groups including the arms, legs, glutes, and core. Come ready to shake and be prepared to leave feeling confident and strong!



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# RESTORATIVE YOGA

DURATION  
**75 MIN**



The yoga recovery class is a slow & easy-paced yoga session with stretching and breathing that allows your nervous system to rest. It will decrease the risk of tears and bring additional blood flow to your muscles, adding flexibility and balance.

This session also offers a greater range of motion within your joints. Everything is there to improve your daily life!



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# YOGA FOR BEGINNERS

DURATION  
**60 MIN**



A flow that will give you your time to find your alignment in every posture, teach you what to engage, prepare your breath for mind challenging asanas, and set you ready for open and intermediate level classes!



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# YIN & RELEASE

DURATION  
**60 MIN**



Yin yoga is a slow and passive practice. Each pose is close to the ground and held for a few minutes. Informed by Traditional Chinese Medicine, yin yoga helps nourish our deep connective tissues and joints, and promotes energetic and emotional balance and well-being.

It also helps to regulate the nervous system. Each yin yoga class with Tatiana will target a specific theme, a guided journey to ease both the body and the mind.

This class is the perfect way to find balance and a space to rest amidst a hectic lifestyle.



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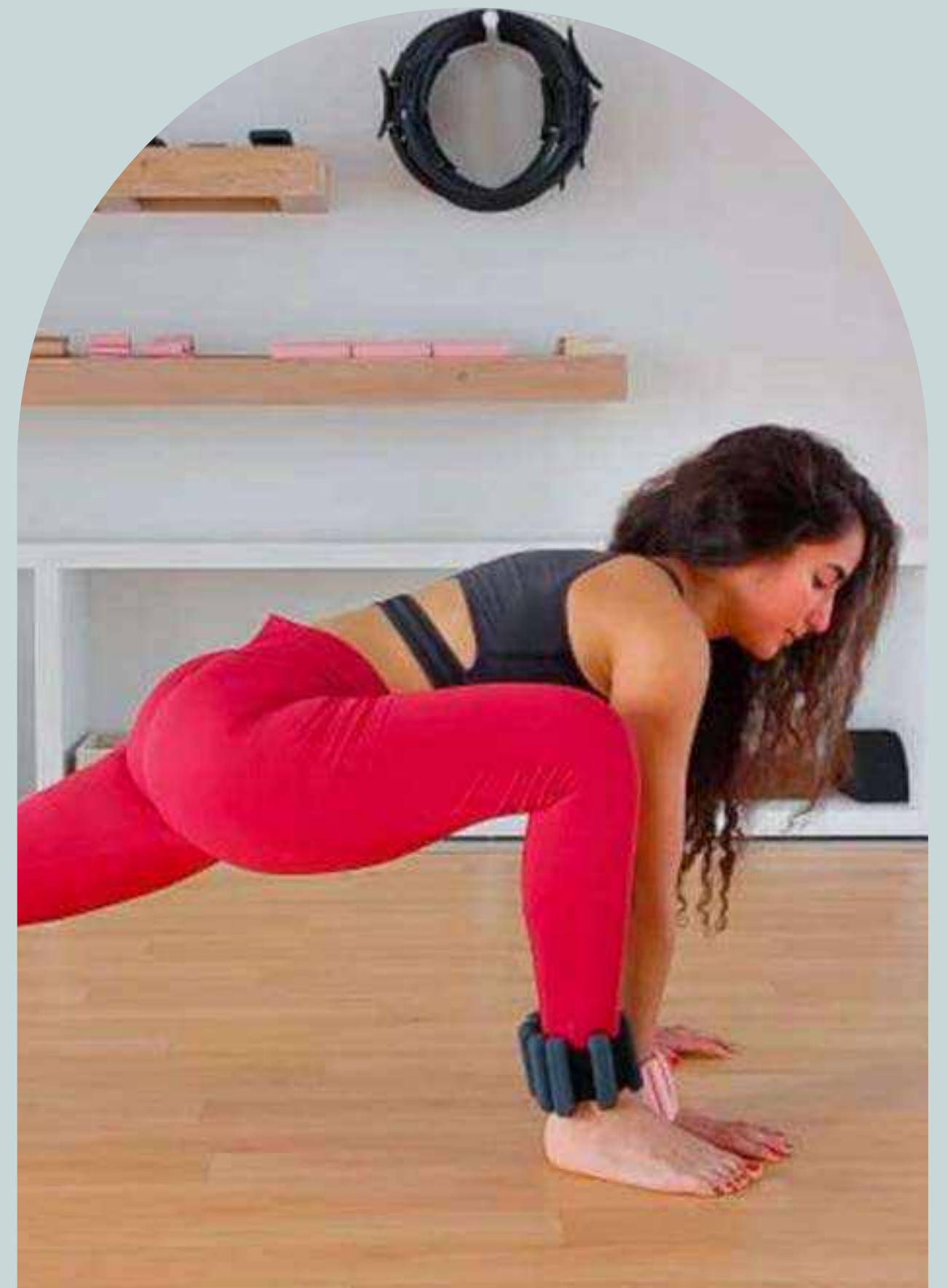
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# PILATES ON THE MAT

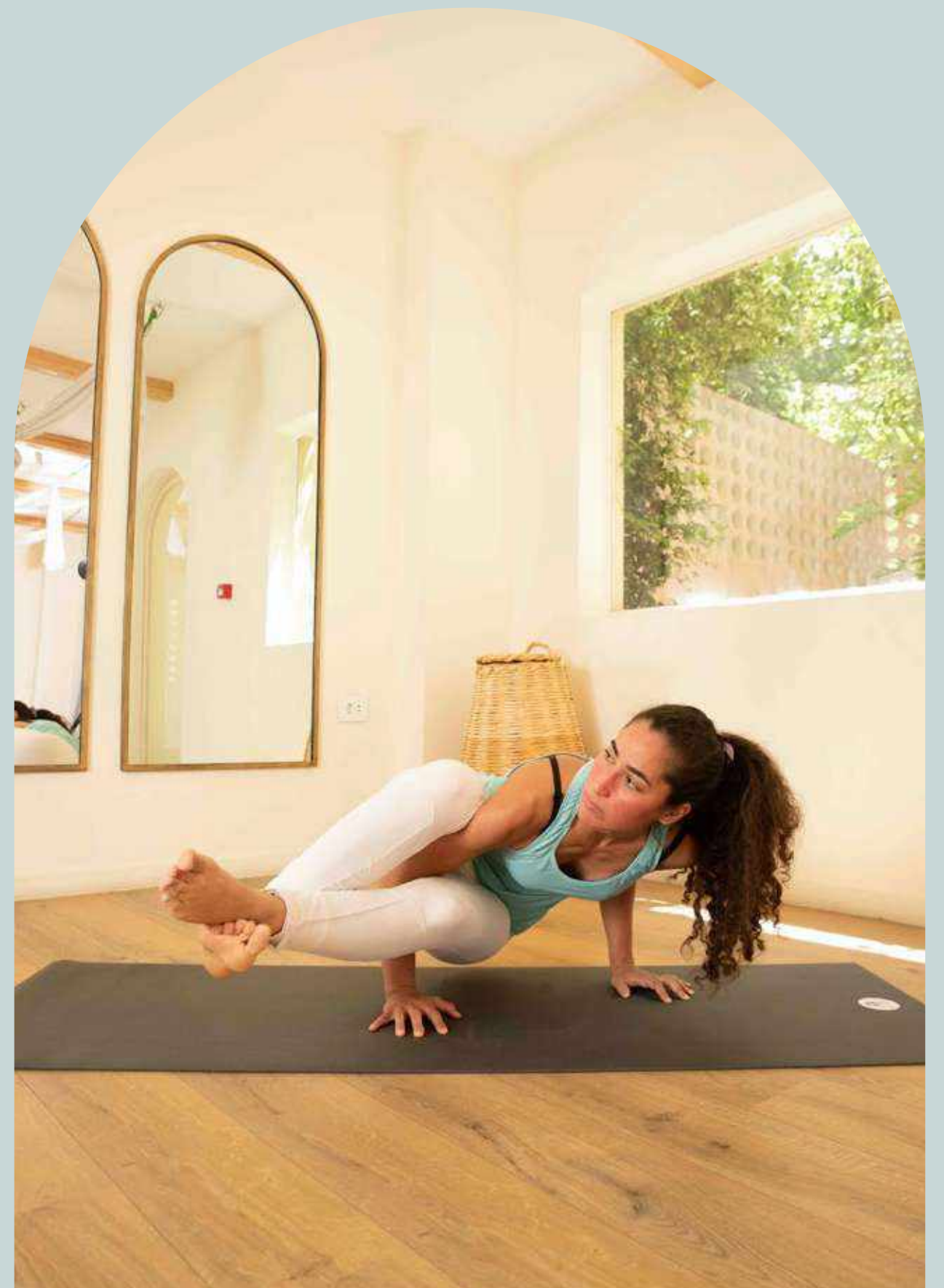
DURATION  
**60 MIN**



Expect the best of Pilates in this class.

Get ready to work on your posture (alignment and core) while strengthening your body, your balance, and your flexibility in a series of low-impact, highly focused moves.

Not only can pilates help improve your overall core strength and fitness, but it can also aid in the prevention of injury and enhance posture, mobility, and muscle tone.



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# PILATES SCULPT

DURATION  
**60 MIN**



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The moves are more intense, and highly functional, working different muscle groups together, improving overall strength and endurance, and burning calories faster.



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# FITNESS PILATES

DURATION  
**60 MIN**



In this class we will be targeting from top to toe specially the core.

We'll begin with some breath work to center your focus and follow up with full body moves using different equipment. Feeling more strong and balanced is guaranteed.



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# KIDS CATALOGUE

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# LIST OF CLASSES

📍 **ASHRAFIEH**

**-LITTLE YOGIS**

**-YOGA KIDS**

**-AERIAL KIDS**

**-AERIAL TEENS**

**-HIPHOP KIDS**

**-HIPHOP TEENS**

**-YOGA TEENS**

**-ACTING CLASSES**

**ASK US ABOUT OUR MINDFUL ACTIVITIES!**

# LITTLE YOGIS

3-6 YEARS

DURATION  
**50 MIN**



When it comes to meditation and mindfulness, start them young. Based on Hatha Yoga, each Yoga Kids class covers breathing and meditation techniques, sun salutations, yoga poses, and games, as well as relaxation and chanting sessions.

Learning yoga in a fun, interactive, and playful way will leave your little ones with a sense of calm, focus, and mindfulness that will help them navigate and juggle their active lifestyles.





# YOGA KIDS

7-11 YEARS

DURATION  
**60 MIN**



A well developed class that suits kids and introduces them to the world of asanas (yoga poses), pranayama (breathing exercises), relaxation and meditation.

They will leave feeling relaxed, happy and relieved.



# AERIAL KIDS

DURATION  
**60 MIN**



In the Aerial Kids class, your little ones (aged between 6 and 12) will develop their acrobatic and dance skills on aerial hammocks in a fun and unique way to build their strength, trust, flexibility, and most importantly, confidence.

This class is both a fun and relaxing experience that will challenge your kids and little loved ones in new ways, one move at a time.





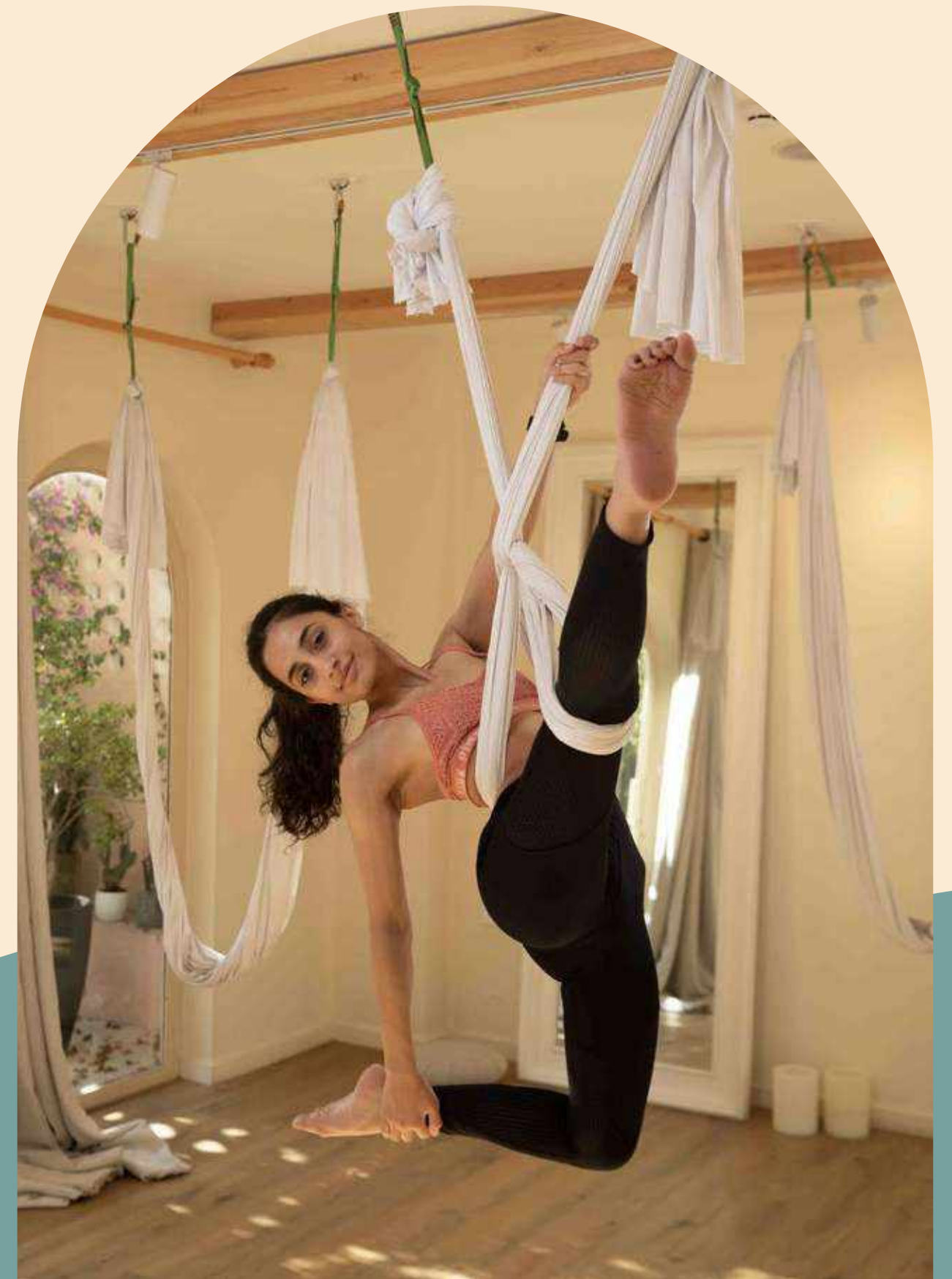
# AERIAL TEENS

DURATION  
**60 MIN**



In the Aerial Teens class, your teens will improve their acrobatic and dance skills on aerial hammocks in a fun and unique way to build their strength, trust, flexibility, and most importantly, confidence.

This class is both a fun and relaxing experience that will challenge your children in new ways, one move at a time.



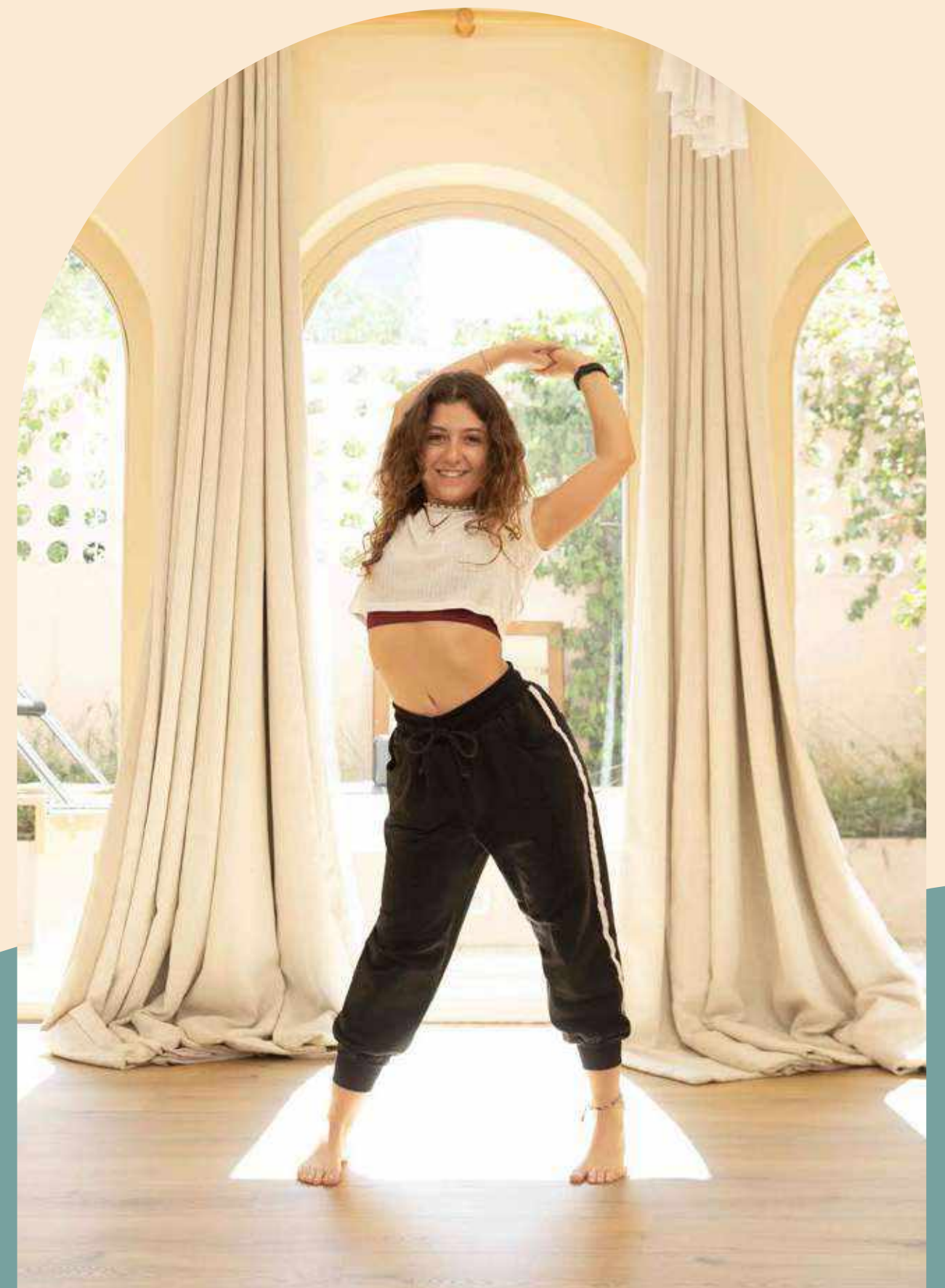
# HIPHOP KIDS

DURATION  
**60 MIN**



This one's for the little ones who are just starting to find their feet. In our Hip Hop Kids class, your children and little loved ones will explore not only hip hop fundamentals, but also, basic music listening skills and intuitive body movement.

It is a high-energy, fun, urban-style class where our experienced choreographer and performer will teach your kids concepts and skills beyond dance, from coordination to confidence building.



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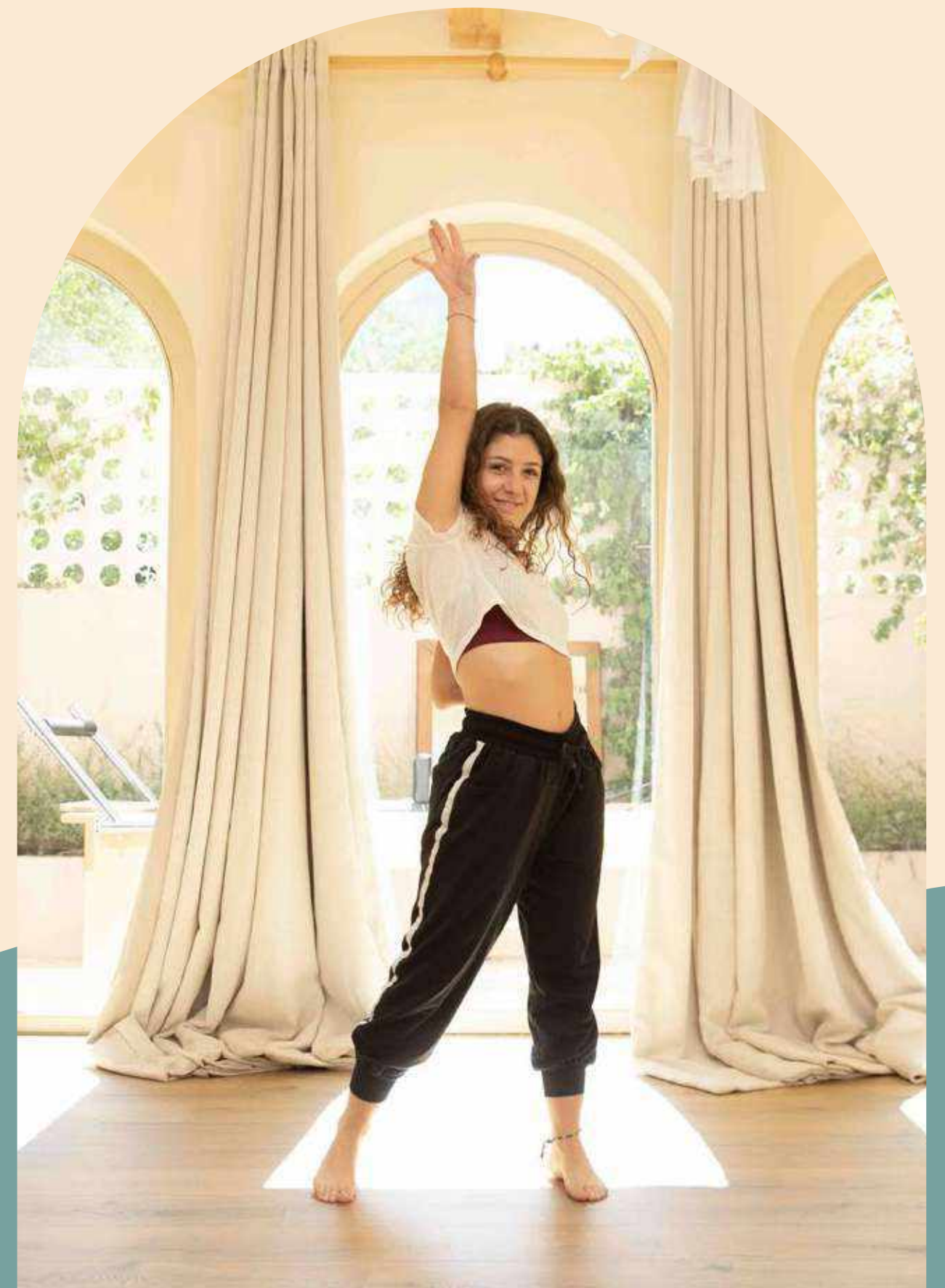


# HIPHOP TEENS

DURATION  
**60 MIN**



Join our Hip Hop Teens Class to learn new hip hop Choreographies every week with some amazing dance techniques to gain your flexibility.



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# YOGA TEENS

12-16 YEARS

DURATION  
**60 MIN**



This class helps them manage anxiety and stress in these difficult moments. Helps them improve their emotional state of mind. Enhances children's self-esteem & trust. Increases children's body awareness.

Teaches them concentration through breathing exercises and observation. Body Strength & flexibility. Inner balance in the body especially for teenagers that are going through hormonal changes.





# ACTING CLASSES

DURATION  
**60 MIN**



The classes are based on the Stanislaki method – suitable for all ages, where kids & teens discover their voice, their bodies and explore the space in which they perform. It also enhances their imagination and creativity to improvise on set while respecting everyone in, and around it.

All of that will put your kids in a state of self love, self trust and strength to face everything, on the scene of a theatre and later on in the scene of life ...





**“YOU CAN’T BUY HAPPINESS,  
YOU CAN BUY A FEW CLASSES”  
AND THAT’S PRETTY CLOSE!**

**DROP IN**  
\$17

**PACKAGE OF 6**  
\$90  
VALID FOR 4 WEEKS

**PACKAGE OF 10 + ONE BONUS CLASS**  
\$150  
VALID FOR 8 WEEKS

**LITTLE YOGIS**  
\$60/MONTH  
OR \$20 DROP IN

**SILVER YOGIS**  
\$60/MONTH  
OR \$20 DROP IN

**ACTING CLASSES**  
\$25/SESSION  
(1H30 EACH SESSION)

**PRIVATE SESSIONS**

**ON THE MAT  
AT NAMAT STUDIOS**

**ONE ON ONE**  
\$60

**ONE ON TWO**  
\$90

**PACK OF 5 SESSIONS FOR 1 PERSON**  
\$270

**PACK OF 10 FOR 1 PERSON**  
\$500

**PACK OF 10 FOR 2 PERSON**  
\$800

**STUDIO REFORMER & HOME PRIVATE SESSIONS**

**ONE ON ONE**  
\$80

**DUO**  
\$120

**PACK OF 5 SESSIONS**  
\$350

**PACK OF 10**  
\$650

**HOLISTIC THERAPIES, BODY & FACE TREATMENTS ARE AVAILABLE  
UPON REQUEST WITH NAMAT HEALS.**

**WE ALSO OFFER PERSONALIZED PACKAGES FOR GROUP PRIVATE SESSIONS,  
BIRTHDAYS AND EVENTS .**

**Book your spot in advance - places are limited**

*Achrafieh*  
01 217604

*Gemmayze*  
81 381969