

VIRTUAL YOGA AND MEDITATION CLASSES TRANSPORT YOGIS TO THAILAND'S LUXURIOUS BOUTIQUE RESORT, THE SAROJIN



Justine's yoga and meditation classes in The Sarojin's grounds

April 2020 – Thailand's luxurious boutique residence, [The Sarojin](#), is hosting a brand new series of virtual yoga and meditation classes led and created by the resort's expert teacher Justine Capdevielle. Designed to enrich the body and soul, the sessions are suitable for all skill levels - from beginner through to expert yogi - and are ideal for those looking to transport their minds to the picturesque landscapes of The Sarojin and Khao Lak, immersing themselves in travel from the comfort of their own homes.

The 60minute classes are streamed live via Zoom from The Sarojin's grounds at 10am (UK time) every Tuesday and Thursday. Each incorporates both Vinyasa and Kundalini yoga alongside meditation and mindfulness techniques to relax the body and soothe anxiety. The focus for classes throughout May will be on boosting the immune system whilst increasing flexibility and strength.

Classes cost £8.75 to join, but Justine is offering the first class for free to all that reference 'The Sarojin' in their booking. To sign up for the classes and claim the free session, attendees should contact Justine via Instagram ([@justineinyoga](#)), Facebook ([@YogaKhaoLak](#)) or Whatsapp (+66626305271) and bookings must be made at least 24 hours before the class.

Justine is a certified teacher in Rainbow Yoga, Hatha-Vinyasa, prenatal, postnatal and pregnancy yoga and was a student of Kundalini Yoga for 15 years. She has been part of The Sarojin family since 2018 and regularly hosts sessions for the resort's guests.

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About The Sarojin

The Sarojin is beautifully set on an 11km stretch of secluded white sand beach in Khao Lak, just a 55-minute drive north of Phuket Airport, and is surrounded by five spectacular national parks and the world-famous dive sites of the Similan and Surin Islands. Designed in a contemporary Asian style, the five-star resort's 56 deluxe residences are nestled within ten acres of tropical grounds leading directly onto the beachfront. Each guest room features its own private garden and "sala" sundeck, couples' baths with waterfall showers, and plunge and relaxation pools that blend into the natural habitat. Other facilities include an attentive "Imagineer" who can create tailor-made experiences for hotel guests and complimentary use of a fully equipped fitness centre, mountain bikes, sailing catamarans, sail boats, sea kayaks and windsurfing boards. Tranquility is guaranteed as no children under the age of 10 are permitted to stay at The Sarojin.

The Sarojin has been recognised for its fine dining offering by **The MICHELIN Guide Bangkok, Phuket, and Phang-nga 2020***. The highly-regarded restaurant guide honours those that consistently provide diners with high quality products, a 'mastery of flavour and cooking techniques' and value for money, as well as demonstrating the chef's personality within the cuisine.

For further information on The Sarojin, please visit: www.sarojin.com and [The Sarojin 360 Tour](#)

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