RECREATION ACTIVITIES

GROUP YOGA SESSION

Digvijay Singh from Tattva Yoga is our highly regarded yogi and avid wellness advocate who has been based in Dubai for 15 years, providing teaching experiences around the globe. He has purified his craft in mind and body movements, nutrition and fitness.

His knowledge, spirituality, free-spiritedness, and passion for nature and zen have polished his yoga and meditation therapies.

Digvijay provides a variety of yoga styles including Hatha, Pranayama, Trataka, Bhiramri, Yoga Nidra and Corrective Yoga. At Waldorf Astoria, we also provide Hiranyagarbha Yoga which works with the varied gravitational pulls to create different energetic experiences that can be compared to our breathing cycle.

30 minutes session AED 100 per person
60 minutes session AED 150 per person

( minimum 10 persons ) Indoor and outdoor sessions available

For more information contact our recreation team on +971 4 818 2222 or email dxbpd.recreation@waldorfastoria.com
GROUP FITNESS

30 minutes kids fitness: (ages 7-12)
maximum capacity indoor 16 persons & outdoor 50 persons
45 AED per person

60 minutes group active older adults training: (ages 50-65)
maximum capacity indoor 16 persons & outdoor 50 persons
AED 90 per person

60 minutes beach fitness bootcamp
maximum capacity outdoor 50 persons
AED 90 per person

30 minutes High-Intensity Interval Training (HIIT) circuits
maximum capacity outdoor: 50 persons
maximum capacity indoor: 16 persons
AED 45 per person

TEAM BUILDING ACTIVITIES

Water sports activities
For group bookings (minimum 10 persons)
60 Minutes: AED 75 per person
120 Minutes: AED 100 per person
Activities included:
Kayak tour, SUP relay, Aqua cycle race

Waldorf Astoria thrill ride
See the sights at high speed; an exhilarating take on our traditional award-winning sightseeing tours.
(Maximum capacity of 11 persons per boat)
30 Minutes: AED 1600

Award-winning fishing charters & boat trips
(Maximum capacity of 10 persons per boat)
AED 1890 per boat 3 hours charters
AED 2520 per boat 4 hours charters
Add ons:
AED 630 per additional hour

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