

YOGA MENU

InterContinental
HAYMAN
GREAT BARRIER REEF

YOGA MENU

FIND YOUR RHYTHM, RECONNECT, AND RESTORE

Welcome to Hayman Island's Yoga and Wellness sanctuary.

Where movement meets mindfulness and every breath invites balance.

Surrounded by the serenity of the Whitsundays, our classes are designed to nurture both body and mind. Flow through energising sunrise sessions, unwind with aromatherapy yin, or sink into the stillness of guided meditation.

Each experience blends mindful movement with island energy, helping you reconnect, recharge and realign.

Our yoga program is led by an experienced instructor dedicated to holding space for growth, rest and reconnection, helping you move with intention and breathe with awareness. Whether you're new to yoga or deep in your practice, every class is an invitation to slow down, soften and return to yourself.

Any of the menu offerings can also be delivered as a private class, tailored to you.

Please see the activities schedule for class timings.

We recommend pre-booking your sessions at hayman.spa@ihg.com

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YOGA & FITNESS EXPERIENCES

Radiant Morning Flow — 60 min | $35

Energise, Expand and Invigorate

Awaken your body and uplift your soul with our signature Radiant Morning Flow, a Vinyasa style class that blends invigorating breathwork with expansive movements to encourage circulation and vitality. A gentle yet powerful way to start your day, inviting both fire and stillness, effort and ease. Step onto the mat and leave feeling refreshed, radiant, and ready to embrace a beautiful day in paradise.

Mana Flow — 60 min | $35

Strengthen, Balance and Empower

Inspired by the Polynesian and Māori concept of *mana* – meaning life force, spiritual energy, and inner power - this experience weaves the breath through powerful poses and fluid movements that cultivate a strong body, mind, and spirit. Mana Flow invites you to move with intention, build power from within, and leave feeling grounded, energised, and deeply connected.

Tidal Tone & Sculpt — 60 min | $35

Mobilise, Stabilise and Strengthen

Fusing elements of Pilates, Calisthenics, Power Yoga, and mobility training, this energetic session is designed to tone, sculpt, and build functional strength. Expect a strong focus on core activation, controlled movements, and intentional pacing, all set to an upbeat soundtrack that keeps you motivated and moving. It's the perfect balance of mindful movement and strength training, leaving you feeling powerful, aligned, and invigorated.

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Stretch & Meditation
60 min | $35

Reset, Restore and Reconnect

Rejuvenate body and mind with a harmonious blend of deep stretching and guided meditation. Ease into restorative stretches to release tension and improve flexibility, then drift into a calming guided meditation designed to enhance mindfulness and inner peace. The perfect way to reset, restore and reconnect in our tranquil island setting.

Nurture & Release
60 min | $35

Aromatherapy Yin

Slow down, soften, and reconnect in this deeply calming Yin Yoga session. Take in a full sensory experience, enhanced with therapeutic oils, scents and self-massage. Let yourself be guided through slow, fluid movements and long restful poses designed to regulate the nervous system, release tension, and encourage deep rest and detoxification.

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SUNSET CLASSES

Available during winter & upon request

Beachside Bliss at Sunset | Sunset Flow/Meditation — 60 min | $40
Hatha & Qi Gong + Meditation

Beachside Bliss is a gentle, grounding hatha-inspired practice designed to bring balance and ease as the sun sets by the sea. Blending mindful movement with elements of qi gong, this class encourages a smooth flow of energy through the body while cultivating calm awareness. The pace is unhurried yet subtly uplifting, guiding you into a state of harmony between body and mind. The experience unfolds into a long, nourishing meditation, leaving you feeling peaceful, balanced, and blissfully restored against the backdrop of the ocean at sunset.

Sunset Serenity Meditation — 60 min | $40
Yin & Yoga Nidra

Slow down as the sun dips over the horizon with this deeply relaxing meditation experience. Begin with slow, gentle movements to help release tension, followed by a long soothing meditation journey that will guide you to a state of grounded inner quiet. Held outdoors when weather permits, offering the ultimate way to embrace the island's golden sunsets.

Private Yoga — 60 min | Starting at $250 (up to 6 people)
Vinyasa or Yin Yoga

Enjoy a personalised yoga experience tailored to your needs. Choose between Vinyasa or Yin and allow our instructor to guide you in the comfort of your residence, a rainforest cabana or a tranquil lawn setting. A bespoke wellness journey, designed just for you.

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Hayman Island
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