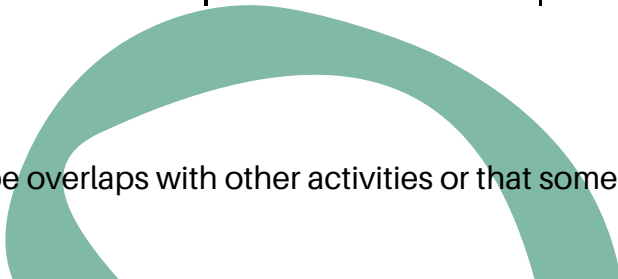


Yoga Program

low season - spring season

	Sunday	Monday	Tuesday	Wednesday	Thursday	Friday
8:30am	YOGA BASICS free	MORNING FLOW	MORNING FLOW	MORNING FLOW	MOBILITY FLOW	5RHYTHMS
5:30pm	YOGA BASICS	YIN	YIN		BREATHWORK WORKSHOP	YIN
8:30pm	RESTORATIVE YOGA		RESTORATIVE YOGA	RESTORATIVE YOGA	Acro Yoga (free)	Ecstatic Dance

Be aware that there can be overlaps with other activities or that some lessons or workshops have limited spaces.



Yoga Program

Mid season - High season

	Sunday	Monday	Tuesday	Wednesday	Thursday	Friday
8:30am	YOGA BASICS Free	POWER YOGA	ASHTANGA	HATHA	MOBILITY FLOW	VINYASA
10:30am	YIN YANG	VINYASA FLOW				RELEASE YOUR LIMITING BELIEFS workshop
4:30am	POWER YOGA Free	BREATHWORK (sign in)	SPLIT WORKSHOP	BACKBEND WORKSHOP		
5:30pm	YIN	YIN		THAI MASSAGE WORKSHOP	BREATHWORK (sign in)	YIN
8:00pm	RESTORATIVE YOGA		RESTORATIVE YOGA	SOMATIC YOGA	Acro Yoga Free	

Be aware that there can be overlaps with other activities or that some lessons or workshops have limited spaces.

