

WEEKLY YOGA SCHEDULE

AVAILABLE NOVEMBER 1ST - NOVEMBER 17TH

SPECIAL EVENTS



Holotropic Breathwork

TUESDAY, NOVEMBER 5TH

The Treetop Yoga Palapa
10 am - 12 pm
\$40 per person

Sonic Movement

THURSDAY, NOVEMBER 7TH

The Treetop Yoga Palapa
10 am - 11 am
\$50 per person
Minimum of 4 people

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
	Pilates 8 AM		Pilates 8 AM		Flexibility & Flow 8 AM	
Vinyasa 9 AM		Vinyasa 9 AM		Vinyasa 9 AM		Hand & Arm Balance Yoga 9 AM
					Vinyasa 10 AM	

VINYASA YOGA

A dynamic flow that syncs breath and movement, creating fluidity in the mind and body.

FLEXIBILITY & FLOW

Improve your range of motion with a fiery flow to deepen your flexibility.

HAND AND ARM BALANCE

A class designed to improve strength & mobility with an emphasis on arm & hand balance to improve handstands and balance asanas.

DROP IN CLASS - \$25 EACH

PRIVATE CLASSES ARE - \$80 FOR 2 PEOPLE

\$20 PER PERSON AFTER THE INITIAL \$80 FEE

IF YOU ARE AN OWNER ASK ABOUT OUR 10-CLASS PACKAGE
ALL CLASSES WELCOME ALL LEVELS OF YOGIS.

