

WEEKLY YOGA SCHEDULE

SPECIAL EVENTS



Holotropic Breathwork

TUESDAY, FEBRUARY 4TH
THURSDAY, FEBRUARY 20TH

10 am - 12 pm
The Treetop Yoga Palapa
C\$1,465 / US\$40 per person

Couples Acro Yoga

SATURDAY, FEBRUARY 15TH

11 am - 1 pm
The Treetop Yoga Palapa
C\$1,832 / US\$50 per couple
C\$916 / US\$25 per person

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
	Pilates 8 AM		Pilates 8 AM			
Vinyasa 9 AM		Slow Flow 9 AM		Vinyasa 9 AM	Slow Flow 9 AM	
						Power Flow 10 AM

VINYASA YOGA

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

SLOW FLOW

A slower-paced flow linking breath & movement.

POWER FLOW

A dynamic sequenced flow designed to build strength and endurance.

DROP IN CLASS - C\$919 / US\$25 EACH

PRIVATE CLASSES ARE - C\$2,930 / US\$80 FOR 2 PEOPLE

C\$732 / US\$20 PER PERSON AFTER THE INITIAL C\$2,930 / US\$80 FEE

IF YOU ARE AN OWNER ASK ABOUT OUR 10-CLASS PACKAGE

ALL CLASSES WELCOME ALL LEVELS OF YOGIS.

