

WEEKLY YOGA SCHEDULE

SPECIAL EVENTS Holotropic Breathwork SUNDAY, MAY 4TH 11 am - 1 pm THURSDAY, MAY 22ND 10 am - 12 pm The Treetop Yoga Palapa C\$1,465 / US\$40 Per person Breathwork & Ocean Awareness JULY 8TH, 9TH AND 10TH 8 am - 12 pm Sala Pacifica Three-day course: C\$18,312 / US\$500 Single drop-in class: C\$7,325 / US\$200	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
		Pilates 8 AM		Pilates 8 AM			
	Vinyasa 9 AM		Vinyasa 9 AM		Slow Flow 9 AM	Vinyasa 9 AM	Slow Flow 9 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.

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

UPGRADE YOUR PRIVATE YOGA SESSION: ADD-ONS TO ELEVATE YOUR EXPERIENCE

2 HOURS OF PRIVATE BREATHWORK

C\$7,325 / US\$200 FOR 4 PEOPLE

C\$732 / US\$20 EACH AFTER INITIAL 4

10-15 MINUTES OF PRIVATE SOUND HEALING

C\$3,662 / US\$100 FOR UP TO 5 PEOPLE

C\$550 / US\$15 EACH AFTER INITIAL 5

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

ALL CLASSES WELCOME ALL LEVELS OF YOGIS.

