

WEEKLY YOGA SCHEDULE

<div><div>SPECIAL EVENTS</div><div><div>Holotropic Breathwork</div><div>TUESDAY, JUNE 10TH THURSDAY, JUNE 26TH 10 am - 12 pm The Treetop Yoga Palapa C\$1,465 / US\$40</div></div></div> <div><div>Celebrate the Summer Solstice</div><div>FRIDAY, JUNE 20TH 5 pm - 7 pm The Treetop Yoga Palapa C\$1,100 / US\$30</div></div>	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
	Candlelight Gentle Yin Yoga 5:30 PM		Candlelight Gentle Yin Yoga 5:30 PM		Restorative Hatha Flow 5:30 PM		
GENTLE YIN YOGA		HATHA		VINYASA YOGA		SLOW FLOW	
A slow-paced class with long-held, passive poses that target deep connective tissues like fascia, joints, and ligaments.		A gentle, foundational practice combining basic postures (asanas), breathing techniques (pranayama), and relaxation.		A dynamic flow that syncs breath and movement, creating fluidity in the mind and body.		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-ON TO ELEVATE YOUR EXPERIENCE
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.

