

WEEKLY YOGA SCHEDULE

NOVEMBER 1ST - NOVEMBER 9TH

SPECIAL EVENTS

Join a Breathwork & Reiki Journey

NOVEMBER 17TH | 26TH

The Treetop Yoga Palapa
11 am - 1 pm

C\$1,831 / US\$50
per person

Flow Into Gratitude

FRIDAY, NOVEMBER 28TH

The Treetop Yoga Palapa
11:11 am - 1:11 pm

C\$1,282 / US\$35
per person

					SATURDAY 1ST	SUNDAY 2ND
					8 AM Vinyasa Yoga	9 AM Slow Flow
MONDAY 3RD	TUESDAY 4TH	WEDNESDAY 5TH	THURSDAY 6TH	FRIDAY 7TH	SATURDAY 8TH	SUNDAY 9TH
	8 AM Pilates	7:30 AM Qi Gong Flow	8 AM Pilates	7:30 AM Vinyasa by FitSouls*	8 AM Vinyasa Yoga	7:30 AM Full Body Functional Fitness by FitSouls*
9 AM Active Flow Yoga				9 AM Slow Flow		9 AM Slow Flow
			5:30 PM Yin Restorative Yoga by FitSouls*	5:30 PM Qi Gong Flow	5:30 PM Sunset Vinyasa Flow with Live Dj & Cacao by FitSouls*	

QI GONG FLOW

A gentle meditative practice that combines slow flowing movements with breathwork & intention to cultivate balance, energy and relaxation.

ACTIVE FLOW YOGA

An energetic yoga flow
accompanied by breath and
mindful contemplation
of the body.

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

*CLASSES ARE PART OF THE FITSOULS WELLNESS RESIDENCY AND CANNOT BE INCLUDED IN THE HOMEOWNER OR ANY OTHER PACKAGE. THE SUNSET VINYASA FLOW WITH LIVE DJ AND CACAO IS AVAILABLE AT C\$1,832 / US\$50.

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

ALL CLASSES WELCOME ALL LEVELS OF YOGIS.

