

WEEKLY YOGA SCHEDULE

NOVEMBER 10TH - NOVEMBER 16TH

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	MONDAY 10TH	TUESDAY 11TH	WEDNESDAY 12TH	THURSDAY 13TH	FRIDAY 14TH	SATURDAY 15TH	SUNDAY 16TH
		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	10 AM Rhythm & Groove Dance	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*	
ACTIVE FLOW YOGA An energetic yoga flow accompanied by breath and mindful contemplation of the body.		QI GONG FLOW A gentle meditative practice that combines slow flowing movements with breathwork & intention to cultivate balance, energy and relaxation.		RHYTHM & GROOVE DANCE An all levels Afrobeat inspired dance flow.		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.

