

Yoga Schedule

Space is limited to the first 15 guests

Pre-register at Guest Services

Mindful Morning Yoga

75 minute classes

Complimentary for lodging guests only

One complimentary class per guest, per day

Breathe new life into your practice - or try yoga for the first time - with expertly guided, all-levels-welcome group yoga classes. Our small group sessions include a variety of styles, including nidra, hatha, and more.

9:00am – 10:15am

OR

10:45am – 12 noon



Yoga Flow

90 minute class

Open to the public, \$25 per person

Pay at front desk & bring receipt to class

Customized to the skill-level of attendees, a combination of breathwork, asana, alignment, and meditation encourages practitioners to let go of thought and connect in the present moment.

12:30pm – 2:00pm

