

# Yoga Schedule

## Mindful Morning

9:00am – 10:15am

75 minute class

**Complementary for Lodging Guests only**

Breathe life into your practice, or try yoga for the first time with expertly guided, all-levels-welcome yoga class. Our morning group session includes a variety of styles including yoga nidra, hatha, and breathwork.

## Yoga Flow

11:00am – 12:30pm

\$25 per person, 90 minute class

**Open to lodging & day soaking guests**

*Pay at spa desk & bring receipt to class*

Customized to the skill level of attendees. This class is a combination of breathwork, asana, alignment, and meditation. Encourages practitioners to let go of thought and connect to the present moment.

