

Yoga Special at Semana Santa

Weekday	Time	Yoga activity
Monday	8 - 9 am	Early Morning Hatha/Vinayasa Yoga: The flow between the postures working on different chakras.
	5 - 6 pm	Guided Meditation: find inner peace with some guided meditation hosted by Cynthia.
Tuesday	8-9 am	Early Morning Hatha/Vinayasa Yoga: The flow between the postures working on different chakras.
	5-6 pm	Kids Yoga at the Beach: In yoga, there is a pose for everything in the world, whether it is an animal, a tree, or an airplane, and we can do it with our body which kids will enjoy as the fullest.
Wednesday	8-9 am	Early Morning Hatha/Vinayasa Yoga: The flow between the postures working on different chakras.
	5-6 pm	Breathing exercise: such exercises allegedly improve blood circulation, calm nerves and draw in vital substances (of an unspecified nature) which are not normally inhaled.
Thursday	8-9 am	Early Morning Hatha/Vinayasa Yoga: The flow between the postures working on different chakras.
	5-6 pm	Chanting Mantra: set positive intentions by singing vibrations in a group guided by Cynthia.
Friday	8-9 am	Early Morning Hatha/Vinayasa Yoga: The flow between the postures working on different chakras.
	5-6 pm	Guided meditation in combination with restorative yoga: is a practice that is all about slowing down and opening your body through passive stretching
Saturday	8-9 am	Early Morning Hatha/Vinayasa Yoga: The flow between the postures working on different chakras.
	5-6 pm	Kids Yoga: In yoga, there is a pose for everything in the world, whether it is an animal, a tree, or an airplane, and we can do it with our body which kids will enjoy as the fullest.
Sunday	8-9:30 am	Easter Yoga for the whole family at the beach: the kids will teach their parents different animal poses with help by our yoga professional Cynthia

Privat Yoga classes anytime! (60 and 90 minutes)