

**Rates:
\$25 USD per class**

**Minumum of
2 people per class**

VINYASA FLOW

Also called a "moving meditation", Vinyasa links movement and breath to attain balance in the mind and body. The practice offers strength training, improved flexibility, relieves stress and has multiple cardiovascular benefits.

Y O G A *by the beach*



**Sign up at the
Front Desk!**



W H E N :

**Monday, Wednesday & Friday
7-8 am or 8:30-9:30 am**