

SCHEDULE: 1st -10th SEPTEMBER

<i>Monday</i>	9.00am to 10.00am Yin/Yang Yoga (beach deck)
<i>Tuesday</i>	9.30am to 10.30am Hatha Yoga 5.30pm-6.30pm Gentle Flow
<i>Wednesday</i>	9.00am to 10.00am Yin/Yang Yoga 5.30pm-6.30pm Yin Yoga (beach deck)
<i>Thursday</i>	9.30am-10.30am Hatha Yoga 5.30pm-6.30pm Vinyasa Flow
<i>Friday</i>	5.00pm-6.00pm Sunset Gentle Flow (beach deck)
<i>Saturday</i>	9.00am-10.00am Pilates 10.30am-11.30am Vinyasa Flow

Classes cost \$US10 or EC\$30

Hatha Yoga a gentle introduction to the most basic yoga postures. You should feel longer, looser, and more relaxed by the end of class without working up too much of a sweat.

Vinyasa Flow links one posture to another with flowing movement, incorporating the breath. Be prepared for a more intense class but options are given for different levels.

Gentle Flow a gentle introduction to Vinyasa Flow.

Yin Yoga A less active, yet challenging practice. Postures are held for 1-5 mins. which allows the muscles to relax in order to target the deeper connective tissues. Emphasis is on breathing and stimulating the flow of chi (energy)

Yin/Yang Yoga: This class combines the Yang qualities of strength, fitness and flow with the Yin qualities of flexibility, softness and mindfulness. Great to clear the head and get you going first thing in the morning.

Pilates: A series of exercises designed to strengthen and stabilize the core, addressing muscle imbalances and improving general fitness and wellbeing.