



PRIVATE FITNESS OFFERINGS

Experienced and certified yoga and fitness instructors will tailor your preferred practice to meet your needs, offering hands-on adjustments and assists along with appropriate modifications. Your safety and comfort are our priority. All sessions are 60 minutes in length.

*Contact the Spa to schedule at extension 2724 or call 305.363.2850
24 Hours Advance Notice requested*

Yin Yoga

A slow-paced style of yoga with postures that primarily concentrate on the connective tissue of the body (fascia, tendons and ligaments). Most positions are performed seated or in reclined positions and allow for deep stretching to open the hips, spine and shoulders. Although this yoga appears passive, Yin Yoga can be quite challenging as you sit with the stillness and depth of each pose. Balance this yoga with a follow up day 2 "yang" yoga such as vinyasa or ashtanga. | \$300

Restorative Yoga

No experience necessary in this gentle yoga practice designed to simulate the "rest and digest" mechanisms of the body. Blocks, straps and bolsters are all used and provided. | \$300

Power Vinyasa Flow Yoga

Power Vinyasa Flow Yoga, a powerful one-hour yoga class for practitioners who prefer a challenging, heat-building practice. Recommended for those with some vinyasa experience. This practice will cleanse body and mind, setting the mood for the rest of the day. | \$300

Aqua Yoga

Takes your practice poolside for a focus on balance and basics. Start at the edge of the Zen Pool for a light stretch, then move into the water for a series of effortless postures provided by the buoyancy of the water. Water encourages the body to relax and flow, lubricating the joints and stimulating the lymph system. | \$300

Reiki

A Japanese technique for stress reduction and relaxation which focuses on the healing of one's "life force energy". Experience deep relaxation and a true sense of well-being. | \$300

Guided Meditation

Bring your focus inward, calming the mind and body. Choose to lie flat or sit as we guide you into a quiet space allowing reflection, awareness, and openness. No experience required. | \$300