

Bungalows

KEY LARGO

DAILY YOGA SCHEDULE

All classes are one hour in length and accommodate all levels.

Must sign up by 6:00 PM the night prior.

GENTLE MORNING STRETCH

Sundays & Wednesdays • 8:00 AM

Tranquility Beach

Nourish your body with a gentle yoga practice designed to promote blood flow, extend the spine, lubricate the joints, and deepen the breath. This practice promotes a healthy mind-body connection, creating space within and leaving you with a sense of equanimity that you'll keep with you throughout your day. You'll start either seated or lying down before moving through a series of gentle, mostly seated postures, stretching the physical body and watching the breath. Practiced over time gentle yoga improves flexibility and encourages the practitioner to move through space with compassion and kindness for both self and others. Uplifting and peaceful, this class is the perfect start to your day.

HATHA YOGA

Mondays & Fridays • 8:00 AM

Tranquility Beach

Hatha Yoga is an overarching term that includes the entire physical practice of yoga. This class will take your focus inward with an emphasis on strong foundations and proper alignment. Improve strength and stamina by bringing a new quality of attention and awareness to your physical practice. We will start slowly, warming the body before our trained and experienced instructors guide you through the right variations of standing postures, balancing poses, twists, backbends, and inversions to complete your practice. This would not be considered an "easy" class but is a good choice for beginners or intermediate practitioners alike who wish to deepen their practice and strengthen their mind-body connection.

RESTORATIVE BREATH

Tuesdays & Thursdays • 8:00 AM

Tranquility Beach

A restorative yoga practice stimulates the parasympathetic nervous system, the "rest and digest" mechanisms of the body that support immunity, digestion and overall health. Mindful breathwork and a lovely closing meditation will leave you with a deep and lasting sense of well-being. You'll start with gentle movements and stretching followed by deep breathing in fully supported restorative yoga poses that include light twists, soft forward folds, gentle hip openers and gentle spinal extensions. We will utilize yoga props to create support and lift in each pose so you can completely relax and rest. Then with a short reading or uplifting quote, we will guide you into a final silent meditation to close practice and send you on your way relaxed, renewed and restored!

VINYASA FUN FLOW

Saturdays • 8:00 AM

Tranquility Beach

Start your weekend out right by connecting heart, mind and body with this vinyasa flow class. We'll begin with a quiet focus on our breathing to cultivate body awareness and then do a handful of postures to warm-up before flowing through a series of sun salutations, getting the heart pumping and the blood flowing. Sequences will vary but will always include one or more standing postures, balancing poses, twists, forward folds, inversions and heart opening postures. There will be opportunities to challenge yourself and to have a little fun with a pose or two as well before a long, well-deserved savasana. Leave your ego behind and just enjoy the energy as we flow – practitioners can rest or modify as often as needed. This is your time and your practice. Primarily Level I poses.