



# TIDEPOOLS

SPA & WELLNESS

Join your instructor in our wellness studio or on the beach for a session customized to your needs and ability. Mats and props are provided.

## PRIVATE YOGA SESSIONS

### SUMMER OFFERINGS

*Available in 60 and 90 minute sessions.*

#### Vinyasa Flow Yoga

This uplifting class focuses on re-awakening and re-energizing the body through a sequence of flowing yoga poses combined with detoxifying breathing techniques.

#### Yoga Foundations

Ideal for all levels of experience and drawing on the fundamentals of yoga this class focuses on alignment, breath, and fine tuning the mechanics and flow of poses.

#### Restorative Yoga

Join your instructor for this deeply restorative and gentle class that combines dynamic twists to detoxify and cleanse with nourishing and grounding poses to calm the body and mind.

#### Prenatal Yoga

Designed to complement the growing needs of a pregnant body, promote flexibility and strength and encourage connection between mother and baby. This class focuses on restorative poses, deep breathing, and mental centering through guided meditation.

#### Vin/Yin Yoga

Start with an awakening and strengthening vinyasa flow to warm up the body, and unwind into slow and deep holds designed to help restore centeredness and promote a deeper state of mental and physical relaxation.

*\*90 minutes only*

60 minutes | \$85 for up to two participants

90 minutes, includes extra time for personalized guidance, and extended savasana with optional hands-on assist incorporating essential oils | \$125 for up to two participants

\$20 for each additional participant



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