



TIDEPOOLS

SPA & WELLNESS

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

PRIVATE YOGA SESSIONS

Available in 60 and 90 minute sessions.

Slow Flow

Ideal for all levels of experience and drawing on the fundamentals of yoga, this gentle flowing class is rooted in Hatha Yoga and focuses on alignment, deep stretching, balancing postures, and breathing techniques.

Vinyasa Flow

This uplifting class focuses on re-awakening and re-energizing the body through a sequence of sun salutations, breath awareness, and strengthening and balancing postures.

Restorative Yoga

This deeply relaxing class focuses on breathing techniques paired with grounding postures of deep holds and dynamic twists to calm the body and mind.

Yoga Nidra Meditation

Also known as yogic sleep, this guided meditation will take you through the five subtle layers of the body while you experience a deep state of conscious relaxation.

**60 minutes only—15 minutes of restorative postures with 45 minutes of meditation*

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

To schedule, please call us at 503.483.3000 or email
Tidepools@HeadlandsLodge.com