

# *Wind-n-Sea Summer Yoga Session*

*Classes are designed for beginner thru intermediate levels of yoga practice.*



***Monday: 5:00 – 6:15 pm***

***June 21<sup>st</sup> – August 2<sup>nd</sup> 7 week session \$84***

***Wednesday: 5:30-6:45pm***

***June 23<sup>rd</sup> – August 11<sup>th</sup> 8 week session \$96***

***Saturday: 10:00-11:15 am***

***July 10<sup>th</sup> – 31<sup>st</sup> 4 week session \$50***

***Vinyasa Workshop***

***Join us as we focus on not just the posture but the  
flow and movement between postures.***

***This workshop will keep you moving!***

**Drop-ins Welcome at \$13 per class.**

**Don't see a time that works for you? Ask about our personal sessions.**

**View our yoga policy online at [windnseaspa.com](http://windnseaspa.com)**

**Sign up today 389.1556**