

La Casa del Zorro Resort & Spa: Yoga Studio Activities

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
<p>Paul 8:00 am Meditation 45 min.</p> <p>9:00 am Yoga 1 hr.</p>	<p>Claire Lewis 4:00 pm Gentle Hatha Yoga 1 hr.</p>		<p>Paul 9:00 am Yoga (Gentle) 1 hr.</p>		<p>Paul 9:00 am Yoga (Gentle) 1 hr.</p>	<p>Paul 8:00 am Meditation 45 min.</p> <p>9:00 am Yoga 1 hr.</p>
<p>Improve your health, build strength, relieve stress, relax and calm the mind</p>	<p>Improve your balance, strength and flexibility</p>		<p>Improve your health, build strength, relieve stress, relax and calm the mind</p>		<p>Improve your health, build strength, relieve stress, relax and calm the mind</p>	<p>Improve your health, build strength, relieve stress, relax and calm the mind</p>
<p>All Levels Welcome</p>	<p>Children Welcome</p>		<p>All Levels Welcome</p>		<p>All Levels Welcome</p>	<p>All Levels Welcome</p>
<p>On Donation Basis: \$10 - \$15</p>	<p>On Donation Basis: \$5 - \$10</p>		<p>On Donation Basis: \$10 - \$15</p>		<p>On Donation Basis: \$10 - \$15</p>	<p>On Donation Basis: \$10 - \$15</p>

Updated April 2019

FREE for Registered Resort Guests



La Casa Del Zorro
DESERT RESORT & SPA • BORRERO SPRINGS

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