

La Casa del Zorro Resort & Spa: Yoga Studio Activities



La Casa Del Zorro

BORREGO SPRINGS

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
<p>Paul Hatha Yoga</p> <p>8:00 am Meditation 45 min.</p> <p>9:00 am Yoga 1 hr.</p>	<p>Claire Lewis Gentle Hatha Yoga</p> <p>4:00 pm Yoga 1 hr.</p>	<p>Paul Hatha Yoga</p> <p>10:00 am Gentle Yoga 1 hr.</p>	<p>Paul Hatha Yoga</p> <p>8:00 am Meditation 45 min.</p> <p>9:00 am Yoga 1 hr.</p>	<p>Terrie Lyons Qigong Class</p> <p>10:00 am 1 hr.</p>	<p>Paul Hatha Yoga</p> <p>4:00 pm Yoga 1 hr.</p>	<p>Paul Hatha Yoga</p> <p>8:00 am Meditation 45 min.</p> <p>9:00 am Yoga 1 hr.</p>
<p>Improve your health, relieve stress & heal on a deeper level</p> <p>All Levels Welcome</p>	<p>Improve your Balance, Strength and Flexibility</p> <p>Children Welcome</p>	<p>Improve your health, relieve stress & heal on a deeper level</p> <p>All Levels Welcome</p>	<p>Improve your health, relieve stress & heal on a deeper level</p> <p>All Ages & Levels Welcome</p>	<p>Improve your health, relieve stress & heal on a deeper level</p> <p>All Levels Welcome</p>	<p>Improve your health, relieve stress & heal on a deeper level</p> <p>All Levels Welcome</p>	<p>Improve your health, relieve stress & heal on a deeper level</p> <p>All Levels Welcome</p>
<p>On Donation Basis:</p> <p>\$10 - \$15</p>	<p>On Donation Basis:</p> <p>\$5 - \$10</p>	<p>On Donation Basis:</p> <p>\$10 - \$15</p>	<p>On Donation Basis:</p> <p>\$10 - \$15</p>	<p>On Donation Basis:</p> <p>\$10 - \$15</p>	<p>On Donation Basis:</p> <p>\$10 - \$15</p>	<p>On Donation Basis:</p> <p>\$10 - \$15</p>

Updated November 2018

FREE for Registered Resort Guests