

We've added a Monday class!  
Gentle Yoga now Monday at 4:00 PM.

# YOGA and MEDITATION

by Paul Penners

Dutch Yoga and Meditation Teacher

**Schedule\*** *(All Levels Welcome)*

Tuesday	10:00 am	Yoga
Wednesday	8:00 am	Meditation
	9:00 am	Yoga <i>(Gentle)</i>
Friday	4:00 pm	Yoga <i>(Gentle)</i>
Saturday	8:00 am	Meditation
	9:00 am	Yoga
Sunday	8:00 am	Meditation
	9:00 am	Yoga

\* *Schedule subject to change*

We added Qi Gong TH at 10AM

**FREE for registered guests  
of La Casa del Zorro Resort**

Yoga Studio located in the  
Tennis and Aquatics Center

Visit our website for more  
information and retreat dates!

**Yoga and Meditation Retreat  
May 16-19, 2019 Sign up Now!**

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