

La Casa del Zorro Resort & Spa: Yoga Studio Activities

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
<p>Paul Yoga</p> <p>8:00 am 45 min. Meditation</p> <p>9:00 am 1 hr. Yoga</p>	<p>Claire Gentle Hatha Yoga</p> <p>4:00 pm 1 hr. Yoga - Gentle</p>	<p>Paul Yoga</p> <p>9:00 am 45 min. Meditation</p> <p>10:00 am 1 hr. Yoga - Gentle</p>	<p>Paul Yoga</p> <p>10:00 am 1 hr. Yoga</p> <p>Tia TaichiYoga</p> <p>4:00 pm 75 min.</p>	<p>Tia TaichiYoga</p> <p>4:00 pm 75 min. Yoga</p>	<p>Paul Yoga</p> <p>4:00 pm 1 hr. Yoga</p>	<p>Paul Yoga</p> <p>8:00 am 45 min. Meditation</p> <p>9:00 am 1 hr. Yoga</p>
<p>Improve your health, relieve stress & heal on a deeper level</p> <p>All levels Welcome.</p>	<p>For beginners and intermediate.</p> <p>Children welcome.</p>	<p>All levels Welcome.</p>	<p>For all ages & levels.</p>	<p>Meditative movements strengthens the body and mind connection, enhance energy flow and physical stability. For all ages & levels.</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>By donation.</p>	<p>On Donation basis:</p> <p>\$10 - \$15</p>		<p>By donation.</p>	<p>On Donation basis:</p> <p>\$10 - \$15</p>	<p>On Donation basis:</p> <p>\$10 - \$15</p>

Updated November 02, 2017

FREE for Registered Resort Guests