

La Casa del Zorro Resort & Spa: Yoga & Tai Chi Schedule



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>	No Classes	No Classes	No Classes	<p>Susan Katz Tai Chi Wellness: Meditation in Motion</p> <p>Beginners 9am-10am Intermediate 10:15am -11am</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>Gentle Traditional Chinese Exercise Lesson for Health and Relaxation.</p> <p>All Abilities Welcome Bring Socks</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>Free for Resort Guests</p> <p>Non-Guests Donation \$10 - \$15</p>				<p>Free for Resort Guests</p> <p>Non-Guests Donation \$10-\$15</p>	<p>Free for Resort Guests</p> <p>Non-Guests Donation\$10 - \$15</p>	<p>Free for Resort Guests</p> <p>Non-Guests Donation \$10 - \$15</p>

Updated July 27th, 2018

FREE for Registered Resort Guests