

La Casa del Zorro Resort & Spa: Yoga Studio Activities



La Casa Del Zorro
BORREGO SPRINGS

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
<p>Paul</p> <p>8:00 am Meditation 45 min.</p> <p>9:00 am Yoga 1 hr.</p>	<p>Claire Lewis</p> <p>4:00 pm Gentle Hatha Yoga 1 hr.</p>	<p>KirtanBolo</p> <p>7:00 pm Kirtan Chanting (1st Tue of the month) 1hr15.</p>	<p>Paul</p> <p>8:00 am Meditation 45 min.</p> <p>9:00 am Yoga (Gentle) 1 hr.</p>	<p>Claire Lewis</p> <p>4:00 pm Gentle Hatha Yoga 1 hr.</p>	<p>Paul</p> <p>9:00 am Yoga (Gentle) 1 hr.</p>	<p>Paul</p> <p>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>All Levels Welcome</p>	<p>Improve your Balance, Strength and Flexibility</p> <p>Children Welcome</p>	<p>Kirtan is chanting in sing along or call & response style. It's a simple way of calming the mind, opening your heart. All welcome</p>	<p>Improve your Health, Build Strength, Relieve Stress, Relax and Calm the Mind</p> <p>All Levels Welcome</p>	<p>Improve your Balance, Strength and Flexibility</p> <p>Children Welcome</p>	<p>Improve your Health, Build Strength, Relieve Stress, Relax and Calm the Mind</p> <p>All Levels Welcome</p>	<p>Improve your Health, Build Strength, Relieve Stress, Relax and Calm the Mind</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>\$5 - \$10</p>	<p>On Donation Basis:</p> <p>\$10 - \$15</p>	<p>On Donation Basis:</p> <p>\$10 - \$15</p>

Updated Nov 14, 2019

FREE for Registered Resort Guests