

Yoga Classes

Morning Alignment

complimentary

- 7am – 8am
Daily

SUP Yoga

55 USD ++ per person

- 9am – 10am
Tue, Thu, Sat

Yin Yoga

55 USD ++ per person

- 11 am – 12 am
Mo, Wed, Fri, Sun

Nidra Yoga

55 USD ++ per person

- 7pm – 8pm
Tue, Fri, Sun

Shakti Yoga

55 USD ++ per person

- 6pm – 7pm
Mo, Wed, Thu, Sat

Private Classes

Private classes can be booked at the Spa Lounge

Location of Classes

Morning Alignment – Main Pool Deck

Yin Yoga and the Evening Yoga class – Yoga Pavilion at The Island Spa

SUP Yoga – Meet at the Recreation center

