



Join visiting Yoga teachers Prana Regina Barrett and John Rene Berard on a unique journey set to revitalize and restore mornings at 9am and evenings at 4pm on the Driftwood SpaYoga Deck.

Morning Yoga

Start your day in paradise with an invigorating yoga class. We will wake slowly with gentle hatha poses, then flow into a vibrant and moderately strenuous vinyasa practice. The class will end with a meditation that will help you start your day with a clear mind. All are welcome! Modifications are always offered for beginners and those recovering from injury or surgery.

Sunset Yoga

Wind down from your day of play with this relaxing and restorative yoga and qi gong class. We will share a gentle and restorative yoga and qi gong practice that may include a combination of movement, breath, sound and meditation. Recharge and recenter for your evening by the sea.



**Classes cost \$20 per person.
Sign up at the front desk.
Private classes also available
on request.**

Visit www.pranah heals.com and www.tantratolove.com to learn more about our guest teachers and their other offerings at Jakes.

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