



## WELLNESS PROGRAMS



### Yoga Classes & Private Sessions

Free yourself from stress and tap into the body's natural ability to heal itself while strengthening your core, and creating suppleness of movement as you develop an inner peace that will awaken the spirit of your life! **Yoga Classes \$15, Private 60 min Yoga Session \$70, Partner 60 min Yoga Session \$90.**

### Qigong Classes

Qigong is an ancient Chinese healing and enlightenment practice that has served the test of time. In fact, Dr. Oz says it is the one best thing you can do for your health, and it even helps to reverse the aging process. In our classes, you'll learn to balance the energy in your body with gentle but powerful physical movements and meditations and you'll have the opportunity to participate in a group healing. Come experience this wonderful healing energy that you can practice daily. **Qigong Classes \$10.**

### Energy Healing

During your Energy Healing Session, you sit comfortably and with the guidance of your Certified ThetaHealer™, you work directly with healing energy from All That Is. Some changes, even seemingly miraculous changes, can occur very quickly and be permanent. Sometimes, you may have subconscious beliefs or feelings that block the change of something that you want. In those cases, we work together to uncover these and then, with your permission, we access All That Is who changes them and allows the desired change to occur. **60 min Session \$110.**

### Stand-Up Paddle Boarding

Has the ocean been calling to you? Come have the time of your life with us as our experienced instructors take you out to learn the fastest growing water sport in the country— Stand-Up Paddle Boarding! You can just breathe in and feel the exhilaration of the surf and ocean breeze. **60 min Session \$90.**

#### WEEKLY CLASS SCHEDULE

Time	Sun	Mon	Tue	Wed	Thu	Fri	Sat
10 - 11am				Yoga			Yoga
11am- 12pm						Qigong	Qigong

\* Please check in with our Spa Concierge. Weather permitting, all classes are held on the 5th floor Ocean Terrace.

For more information or to book an appointment call **954.567.8085.**