

Sankalpa Yoga Schedule August 2024



Sankalpa Yoga Studio
True Blue Bay Boutique Resort



Monday: 9:30 to 10:30 AM
Hatha Flow with Hanna

Tuesday: 9:00 to 10:00 AM
Restorative Yoga with Sara

Wednesday: 9:30 to 10:30 AM
Yin and Breathwork with Hanna

Thursday: 9:00 to 10:15 AM August 8th and 15th only
“Earth to Breath Invocation” Meditation session with
Cynthia
(Bring your journal and a pen, pay what you can!)

Friday: 8:30 to 9:30 AM
Slow Flow Vinyasa with Sara
5:30 PM
Latin Dance with Andrew

Saturday: 9:00 to 10:00 AM Saturday Aug 10th only
Mobility, Breathwork and Flexibility, Low Impact with Mayo
10:15 to 11:15 Saturday Aug 10th only
Zumba + CIRCL with Mayo



True Blue Bay Boutique Resort

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CLASS EC\$25

5 classes booklet available at EC\$100 at the resort front desk