



Sankalpa Studio February 2025 Schedule

Monday: 9:00 to 10:00
Slow Flow with Hanna

Tuesday: 9:00 to 10:00 AM
Release and Restore Yin with Marcia

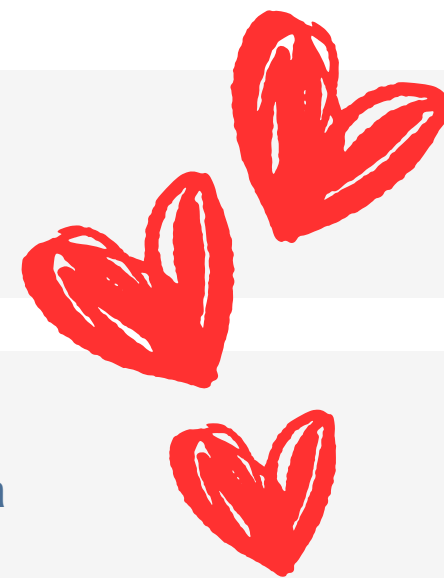
Wednesday: 9:30 to 10:30 AM
Restorative with May

Thursday: 9:00 to 10:00 AM
Gentle Yoga “ Journey to Tranquility and Healing”
with Marcia

Friday: 9:00 to 10:00 AM
Yin and Breath with Hanna
5:30 PM
Latin Dance with Andrew

Saturday: 9:00 to 10:00 AM
Yin Yoga with May

Sunday: 10:00 to 11:00 AM
Pilates with Fran



UPDATE



True Blue Bay Boutique Resort

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CLASS EC\$25

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