

Happy New Year



Sankalpa Schedule January, 2025

Monday: 9:00 to 10:00
Slow Flow with Hanna
6:00 to 7:00 PM
Pilates with Fran

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

Wednesday: 9:30 to 10:30 AM
Restorative with May from January 15th

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 from January 11th



True Blue Bay Boutique Resort

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CLASS EC\$25

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