

Yoga on the Beach

Day: Tuesday

Time: 7:00 am

Duration: 60 Minutes

Location: Beach by Sandbar

Instructor: Shanti



In a Nutshell



In this gentle, beginner friendly class, yet refreshing for experienced practitioners, you are guided through several, seated and standing yoga poses. A balanced blend of postures for flexibility and strength incorporating breath and awareness. You will reconnect with yourself during the closing Savasana phase and feel re-energized and centered.

Why you need this Class and what it does for you

Yoga improves flexibility and increases both muscle strength and tone. What makes it so special is the holistic approach to the body, mind and soul as it elevates your energy and vitality overall. It is also beneficial for respiratory and cardiovascular health. Yoga both helps prevent and recover from injury. With all the physical benefits one must not forget the enormous effect it can have on your mental health. Giving yourself time to feel and listen within and letting your thoughts and worries go, at least for the time that you're on your yoga mat, or towel in our case. We take your yoga practice to the next level by adding the fresh salty air, sand under your feet and sound of the wind flowing through the leaves of our palm trees. This is true serenity and will help everyone get into the truly relaxing holiday vibe.

The Instructor

Shanti is our one of a kind, so very authentic Yoga teacher. Her voice and aura are absolutely magical and she will take you on a journey to the core of your body, mind and soul. She is a very popular Yoga and Meditation teacher, who works with people of all ages including children and women during pregnancy. Her clients celebrate her for the “love she puts into her actions” and the way she “opens your heart to the world of spirituality”.

