



Samudra Yoga Schedule

	9:30 AM	3:30 PM	6:30 PM
Sunday	Vinyasa Yoga <i>Alex</i>	Vinyasa Yoga <i>Miro</i>	
Monday	Vinyasa Yoga <i>Lissa</i>		Vinyasa Yoga <i>Miro</i>
Tuesday	Vinyasa Yoga <i>Lissa</i>		Vinyasa Yoga <i>Lissa</i>
Wednesday	Vinyasa Yoga <i>Lissa</i>		Vinyasa Yoga <i>Alex</i>
Thursday	Vinyasa Yoga <i>Lissa</i>		Vinyasa Yoga <i>Miro</i>
Friday	Vinyasa Yoga <i>Alex</i>		Vinyasa Yoga <i>Alex</i>
Saturday	Vinyasa Yoga <i>Miro</i>	Vinyasa Yoga <i>Lissa</i>	

Vinyasa Flow is a flowing and dynamic Yoga practice that synchronizes the Ujjayi breath and movement, using Sun Salutations to connect postures, with strict detail on alignment, understanding of the Ujjayi breath, Sun Salutations and basic meditation. This class is for all levels. (60 minutes) *Classes are subject to change.

Classes are held in our new oceanfront yoga pavilion located at Jiivana Spa for Well Being. Contact us at 671-646-9171 or ext. 3106

~Yoga mats provided or bring your own

~Please arrive 10 minutes early

~Bring your own personal water bottle