



Winter 2024 'Yoga in the Salt Spa' Event

Restorative Salt Spa Yoga



Come to One or All - Special Event Saturdays from 12:30-1:30pm
January 13 ~ February 10 ~ March 9

\$45 per Specialty Yoga Class

Schedule Early – Only 8 students max per class

Classes will be held in the Qi Garden Salt Spa in The Wellness Spa ~ All mats and props provided

Restorative Salt Spa Yoga classes are gentle restorative practices. Each pose will be supported by props so you can nestle in and completely relax. This will be paired with deep meditation (yoga nidra style) and breathwork for a full body reset. Combined with the natural respiratory benefits and healthy dose of negative ions that the salt spa provides, the overall result will restore and revive your body, mind, and spirit in the most relaxing way!

Class Size Limited - please sign up at The Wellness Spa front desk or call 715-341-3333 to reserve your place in class. Classes are on a pre-pay, non-refundable registration basis.



Angela May knew her path in life was to share the knowledge and wisdom of yoga after completing her 200-hour yoga teacher training in Sacred Valley, Peru. As a professional yoga instructor, shamanic practitioner and healer, Angela guides people into listening to their inner self, stepping out of their comfort zone, and exploring their inner wisdom and ability to heal. Angela shares her creativity and talents as a local artist and co-created "Vibin' in the Pines" music, art and flow festival to bring an opportunity for many artists to share their own talents. She also works as a Saltologist and Restorative Therapist at The Wellness Spa and teaches Mindful Yoga, Restorative Salt Spa Yoga and Soothing Sound classes and workshops.

Held at The Wellness Spa, 3916 Water Street, Stevens Point, WI 54481 www.WellnessSpaResort.com