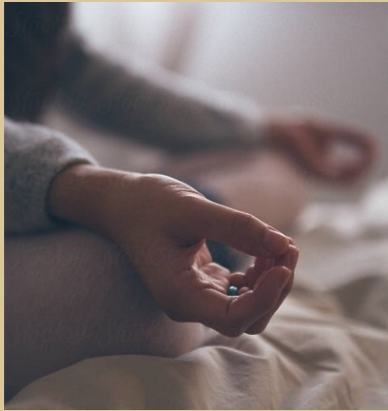




Spring 2024 'Yoga in the Salt Spa' Event

Wim Hof Pranayama Yoga in the Salt Spa



Saturday April 20th from 11:30-12:30pm

\$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

Wim Hof Pranayama in the Salt Spa: The primary focus of this class is the breath. And pairing this class with the healing respiratory benefits of HaloTherapy will take this class style to a whole new level for overall wellness! We will explore the healing and transformative benefits of the Wim Hof style of breathing and weave it throughout our yoga practice and into each asana (posture). Each pose will be paired with this technique to shake loose clutter in the mind and body, reduce stress, increase oxygen levels, boost immune system, and promote resiliency.

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