



Fall 2024 Salt Spa Yoga Monthly Class Series

Yoga in the Salt Spa



Saturdays from 12:30-1:30pm

See Schedule Below

\$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

Through the deep meditative benefits of yoga and breath work, paired with the healing properties of HaloTherapy or the natural respiratory and immune system strengthening provided within the Qi Garden Salt Spa, this is a powerfully beneficial class that can foster profound healing and overall wellness.

September 21 *Theme: Wim Hof*

The primary focus of this class is the breath. 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.

October 19 *Theme: Restoration*

Gentle restorative practices with 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!

November 16 *Theme: Kundalini*

We will dive deep into our breath and journey through our bodies with an invigorating Kundalini flow. Kundalini is the pairing of rhythmic breathwork and Kriyas to tap into the eternal energy within.

December 14 *Theme: Chakras*

We will begin exploring the chakra centers through our body and breath coupled with a guided meditation. We will use this time to become aware of how each chakra holds space for different areas of our lives and where there may be imbalances. Each pose we settle into is in alignment with each chakra center with the intention of opening and balancing our physical and ethereal spaces.

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, as well as a Saltologist at The Wellness Spa.

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