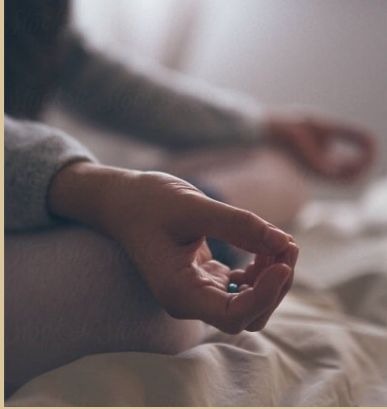




Winter 2025 Salt Spa Yoga Monthly Class Series

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.

January 18

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.

February 22

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.

Spring 2025 ~ Look for descriptions for the following classes in the spring salt spa yoga flyer

March 22

Theme: Yoga Nidra

April 26

Theme: Kundalini Flow

May 7

Theme: Yin Yoga

Please Note: No water (or beverages of any kind) or electronics (including smartwatches) are allowed in the salt spa.

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 teaches Meditation & Mindful Yoga, Salt Spa Yoga, Soothing Sound classes and specialty workshops at The Wellness Spa.

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