



Join Us for this 2026 NEW Monthly Class!

# Power Yoga



**Saturday 9:00 – 10:00am**  
**February 7      March 7      April 4**

Get your body moving, your heart pumping, and your focus dialed in with our Saturday morning Power Flow. Challenge your body and mind with this invigorating style of yoga that is focused on building strength and endurance while it smoothly flows from one movement into another. Power yoga is a faster-paced and intense class that will link your breathing to the different motions of your body, which can offer a great class for burning extra calories. Though it will still contain mindfulness and focus on your breathing, power yoga is more dynamic than meditative, making it the perfect class to jump start your Saturday morning and energize your weekend!

Suitable for ages 16 and up. Waiver must be signed prior to class attendance. Please bring your own mat and water bottle.

**\*Registration Required - Reserve your place in class today! Book Online [www.WellnessSpaResort.com](http://www.WellnessSpaResort.com)**  
**or call 715-341-3333 for more information. This class is on a pre-pay, non-refundable registration basis.**

**\$15 per class**



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, Yin Yoga, Kundalini, Salt Spa Yoga, Thai Partner Yoga, Shamanic Pranayama, 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](http://www.WellnessSpaResort.com)**