



# Winter-Spring 2026 Salt Spa Yoga Monthly Class

## Yoga in the Salt Spa



**Saturdays\* from 12:30-1:30pm**

See Specific class dates below

\$50 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.

**\*February 28**      *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.

**\*March 21**      *Theme: Yoga Nidra*

Yoga Nidra is specifically designed to calm the sympathetic system in your body, which in turn, works to conserve and restore energy. You can feel immediate physical benefits like reduced stress, better sleep and this style of yoga can even aid in healing deep psychological wounds.

**\*April 18**      *Theme: Yin Yoga*

Yin Yoga is a combination of gentle postures balanced with deeper passive poses to give your body the full spectrum of tension release and relaxation while weaving guided meditation and breathwork throughout the class and offering support, props and bolsters to create a cozy and comfortable experience.

**\*May 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.

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

**\*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.**



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](http://www.WellnessSpaResort.com)**