



Join this Fall 2026 FREE Weekly Class

Just Breathe Meditation

with Angela May



Thursdays 5:00 – 5:25pm

Just Breathe Meditation ~ FREE Class 5:00-5:25pm

This class is focused on the breath and how to utilize it as a powerful tool to heal the body, steady the mind, and regulate the nervous system. A dedicated practice to breathwork has the potential to elevate your level of consciousness, create a deeper sense of understanding about life and oneself, and bring more harmony and balance into your life. This class is intended for ages 12 and up, no prior experience needed. Can be taken alone or we suggest adding Restorative Yin Yoga or Kundalini Flow Yoga afterwards for the most benefit.

Restorative Yin Yoga or Kundalini Flow Yoga ~ Thursdays 5:30-6:30pm

Descriptions for each class listed in title above are available online or on specific flyers for those classes. Restorative Yin is taught every Thursday except for the 3rd Thursday of every month where Kundalini will be taught in its place.

FREE Class!

***Registration Required - Reserve your place in class today! Book online at www.WellnessSpaResort.com or call 715-341-3333 for more information. This class is a free 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, 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