



Join this Fall 2026 Weekly Class

Meditation & Mindful Flow Yoga

with Angela May



Mondays 5:30 – 5:55pm & 6:00 – 7:00pm

Mindful Meditation ~ FREE Class 5:30-5:55pm

Each week we will explore different meditation techniques to learn to cultivate mastery over the mind, connect with our breath, and open communication with our higher self. Meditation can help to open awareness, quiet the chaos of the mind, improve sleep and benefit overall health. This class is intended for ages 10 and up, no prior experience needed. Can be taken alone or we suggest adding Mindful Flow yoga afterwards for the most benefit.

Mindful Flow Yoga ~ 6:00-7:00pm

Deepen your connection to your body and breath through mindful movement. Focusing on a combination of breathwork, hatha and restorative styles to improve strength, increase flexibility, and enhance awareness. Please bring your own personal yoga mat, water bottle, and towel - all other equipment will be provided. (extra mats are available if needed).

\$15 per 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 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