



Join Us for this Fall 2026 Weekly Class!

Power Flow Yoga

with Angela May



Wednesdays 9:30 – 10:30am

Get your body moving, your heart pumping, and your focus dialed in with our mid-week power up! Challenge your body, mind, and focus with this invigorating flow that emphasizes strength and endurance while it smoothly flows from one movement into another. Power Flow Yoga is a faster-paced class that will link your breathing to the different motions of your body to give you that mid-week charge to make it to the 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 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