



Fall 2026 Salt Spa Yoga Monthly Class

Yoga in the Salt Spa



Tuesdays* from 6:30-7:30pm

See Specific class dates below

\$45 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

*September 15 *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. Combined with the natural health benefits the salt spa provides, the overall result will Restore and Revive your body, mind and spirit.

*October 20 *Theme: Yoga Nidra*

Gentle restorative practice using props and bolsters to offer total support throughout class. Using the deep meditation practice of Yoga Nidra to tune into the body, relax the mind, and balance the nervous system for a full energetic reset. Combined with the natural health benefits the salt spa provides, the overall result will Restore and Revive your body, mind and spirit.

*November 17 *Theme: Yin Yoga*

Journey deep into the body with a grounding yin practice. Using the power of the breath to support the body and mind as we nestle into each pose to gently unwind tension and stress. Yin Yoga gives the muscles and connective tissue time to release and the mind an opportunity to de-stress. Restore your body, mind and spirit with the combined benefits and natural healing the salt spa provides.

*December 15 *Theme: Kundalini*

Dive deep on a journey into your body and bring forward heightened awareness and inner stillness through breath, meditation and yogic kriyas. Connect with your pranic flow and tune into your unique energetic currents while you also breathe in the healing properties the salt spa has to offer for a total restore of body, mind and spirit.

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 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