



YOGA

AT SPICE ISLAND BEACH RESORT

Yoga Classes

HATHA YOGA

Relax and rejuvenate with this gentle introduction to yoga postures, designed to align the body and soothe the mind and spirit.

VINYASA FLOW

Awaken your energy and flexibility with a gentle class as you synchronize and breathe with movements flowing one to the other.

YIN YOGA

Calm the mind and body with this less active, yet effective practice. Postures are typically held for 1-3 mins, allowing the muscles to relax, the mind to focus and the body to become re-energized.

COUPLES YOGA

Building stronger communication and intimacy as you have fun, breathe, support and move with your partner.

YOGA THERAPY

The emerging field of yoga therapy pairs your unique health and wellness needs with specific applications for Yoga. The integrative approach also draws on Somatics, Ayurveda, Postural Alignment and Functional Movement. The first session begins with an intake form and all sessions are customized with you in mind. Learn techniques to support a range of issues such as arthritis, back pain, headaches, depression and anxiety at the pace that allows you to achieve a sense of well-being and peace of mind.



2020 Price List

TYPE OF SESSIONS*	PRICE	MIN. PER	MAX. PER
Group Classes	\$20	4	10
Private Individual	\$65	1	2
Private Group/Family	\$30	2	10
Private Couples	\$35	2	2
THERAPEUTIC/RESTORATIVE			
Private Classes	\$125	1	2
YOGA THERAPY			
Introduction/Consultation	\$190	1	2
Additional Session	\$150	1	2
Extended Session	\$190	1	2
3 Session Package	\$450	1	2
Couple Package	\$300	2	4
Therapeutic Yoga Workshop	\$65		

All rates quoted are in US dollars and are per class. Rates are subject to change. Please add 10% Service Charge and 15% VAT.

SPICE ISLAND

BEACH RESORT

Grand Anse Beach • St. George's • Grenada, W.I.

Tel (473) 444-4258 or 4423, ext. 243 or 244

SpiceIslandBeachResort.com