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ACTIVITIES INFO

Yoga



Location

North Beach at The Resort
Date: Tue, May 23rd
Time: 4:00 pm

Your Host

Lesley Mertens
lesley.mertens@ecoprintq.com

What to take

Dress Code:

- Athletic wear
- Sunscreen!

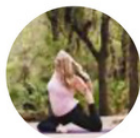
What will be provided:

- Yoga mats
- If you prefer a beach towel, you can request those at the pool
- Water

Before You Go

Join us for a challenging and relaxing yoga class on The Resort's North Beach.

Your instructor will start you slowly with simple movements and progress from there. These will test your flexibility and train your body awareness and the connection between your breath and your movement. The conscious body awareness that you practice in yoga will also benefit you in any other physical activity.



YOGA

Megan Schici

Maegan Schici is an energetic and positive woman with a passion for fitness, health and finding balance. She has been working in the fitness industry for over 12 years. She loves to help others engage in and find their love of fitness and healthy living. She teaches a variety of group exercise classes including yoga, indoor cycling, strength and conditioning and Pilates and is an ACE Certified Personal Trainer.



North Beach is a short walk from The Resort lobby. Check the maps for directions. Please arrive at least 15 mins before

