

Yoga Schedule

MARCH 2022

MONDAY

Hatha Meditation | Swati
8:30 - 9:30 AM

TUESDAY

Pilates Series Intro | Sally
8:30 - 9:30 AM

Classical Hatha | Swati
5:45 - 6:45 PM

WEDNESDAY

Therapeutic Yoga | Swati
8:30 - 9:30 AM

Slow Vinyasa Flow | Tiffany
5:30 - 6:30 PM

THURSDAY

Ashtanga Primary Series | Swati
5:45 - 6:45 PM

FRIDAY

Yin Yoga Meditation | Swati
8:30 - 9:30 AM

SATURDAY

Yin - Yang Yoga | Swati
9:00 - 10:00 AM

Garuda | Sally
10:30 - 11:30 AM

CLASSES IN PERSON AND ONLINE AVAILABLE WITH SWATI MONDAY TO FRIDAY AT
ZOOM ID - 87094635205 PASSWORD: SANKALPA

EC\$25 PER CLASS

Sankalpa Yoga Studio, True Blue Bay Resort

+1473 443-8783

Buy a 5 class pass for EC\$100
at the Front Desk

