



INSTRUCTORS:

Isabel Acuña - Has practiced yoga for 17 years. She has been trained in Mexico City, Thailand and United States

Maggie Mclean - Has been studying yoga for 20 years, both in England & Canada. She is trained and qualified in the teaching of Hatha Yoga.

Adali Parks - She is a Certified yoga instructor by the Lotus Foundation in Santa Barbara, CA. Adali has 5 solid years of instruction in Vinyasa Yoga in the area of Los Cabos.



SCHEDULE

DAY	TIME	CLASS	LEVEL	INSTRUCTOR
MONDAY	9:00 am	yoga	beginners	Adali
	10:15 am	yoga	intermediate	Adali
TUESDAY	9:00 am	pilates	all levels	Maggie
	10:15 am	yoga	beginners	Maggie
WEDNESDAY	9:00 am	yoga	beginners	Adali
	10:15 am	yoga	intermediate	Adali
THURSDAY	9:00 am	yoga	beginners	Isabel
	10:15 am	yoga	intermediate	Isabel
FRIDAY	9:00 am	yoga	beginners	Isabel
	10:15 am	yoga	intermediate	Isabel
SATURDAY	9:00 am	pilates	all levels	Maggie
	10:15 am	yoga	beginners	Isabel
SUNDAY	9:00 am	yoga	beginners	Adali
	10:15 am	yoga	intermediate	Maggie



CLASS DESCRIPTION:

Yoga - Prepares the body for the spiritual path via physical postures, asanas and breathing exercises.

Pilates - Develop core strength and conditioning through focusing on the abdominal and back muscles. Other key components include body alignment, balance, breathing and upper and lower body exercises. No prior experience is needed.

