

Well & Being®  
Spa & Wellness

# BANYAN TREE MEDITATIONS

Join us for uniquely balancing sessions.

## WEDNESDAY

10:30 AM | OPEN HEART YOGA

5:15 PM | QI-GONG, HATHA YOGA & SOUND BATH

## THURSDAY

10:00 AM | BREATH MOVEMENT YOGA

4:00 PM | SOUND THERAPY MOONLIGHT MEDITATION

6:15 PM | SUNSET OPEN HEART MEDITATION

*Reservation required 24 hours in advance. Sessions are \$17 per person.*

**VISIT OR CALL 787. 710. 8225 TO RSVP**



# CLASS DESCRIPTIONS

## 🌀 OPEN HEART YOGA | WEDNESDAY 10:30 AM

An energetic Yoga flow that integrates your physical, emotional, mental and soul expanding through a creative sequence, breath( pranayama) and meditation to provide you with a wellness practice that moves through your body's energetic points and reinforce balance within body, mind and soul.

## 🌀 QI-GONG, HATHA YOGA AND SOUND BATH | WEDNESDAY 5:15 PM

Explore body movement, breath exercises, love and kindness sound meditation through ancient oriental traditions. This class combines different sound waves produced by instruments such as chimes, shakers, drums and the special vibrating sculpture with harmonious effects to the senses to connect with the expression of your body movement.

## 🌀 BREATH MOVEMENT YOGA | THURSDAYS 10:00 AM

Synchronize your movement with the Breath allow yourself to connect with a profound sense of flexibility to release tension in the body. Also, the flow that moves through postures, will support your body's alignment, refresh the mind, rejuvenate and supply more strength and vitality.

## 🌀 SOUND THERAPY MOONLIGHT MEDITATION | THURSDAYS 4:00 PM

Experience the theory of sounds and vibrations as healing techniques using singing bowls. Our vibrational modality combines ancient knowledge from Eastern traditions and modern biophysics together with techniques passed down through generations of shamans and singing bowl healers. Relax your mind to soothing sounds specially chosen to reduce the amount of signals fired by the brain - allowing the mind to let go of stress and noisy mind-chatter.

## 🌀 SUNSET OPEN HEART MEDITATION | THURSDAY 6:15 PM

An energetic flow during sunset that integrates physical, emotional, mental and soul expanding through a creative sequence, breath and meditation to provide you with a wellness practice that moves through your body's energetic points and reinforce balance within body, mind and soul.