

yoga schedule

15.04.25 - 30.10.25

	MON	TUE	WED	THU	FRI	SAT	SUN
8:00AM	Surf Vinyasa Flow @ Surf corner 45 minutes \$20pp++	Vinyasa Flow 45 minutes @ Yoga Deck \$20pp++	Surf Vinyasa Flow @ Surf corner 45 minutes \$20pp++	Vinyasa Flow @ Yoga Deck 45 minutes \$20pp++	Vinyasa Flow @ Yoga Deck 45 minutes \$20pp++	Vinyasa Flow @ Yoga Deck 45 minutes \$20pp++	Surf Vinyasa Flow @ Surf Corner 45 minutes \$20pp++
10:00AM	Stand Up Paddleboard Yoga 60 minutes \$40pp++		Stand Up Paddleboard Yoga 60 minutes \$40pp++		Stand Up Paddleboard Yoga 60 minutes \$40pp++		Stand Up Paddleboard Yoga 60 minutes \$40pp++
530PM	Surf Recovery Stretch @ Surf corner 60 minutes \$20pp++	Sunset Yoga Nidra @ Yoga Deck 45 minutes \$20pp++	Surf Recovery Stretch @ Surf corner 60 minutes \$20pp++	Sunset Relaxing Yin @ Yoga Deck 60 minutes \$20pp++	Sunset Yoga Nidra @ Yoga Deck 45 minutes \$20pp++	Sunset Sound Healing @ Yoga Deck 45 minutes \$40pp++	Surf Recovery Stretch @ Surf corner 60 minutes \$20pp++

Special Offer: 50% Off Ice Bath session with any yoga class purchase!

Class Packages:

3-Class Pack: \$55++

6-Class Pack: \$110++

(Sound healing & SUP classes = 2 class credits)

Private Session (Up to 3 People): \$60++

Please note classes require minimum bookings (see class descriptions for details)



Class Descriptions:

VINYASA FLOW

A dynamic and fluid practice that synchronizes breath with movement. This class will guide you through creative sequences designed to build strength, flexibility, and a deep sense of connection. Suitable for all levels, with modifications available to support or challenge your practice.

We require a minimum of 2 guests for the class.

STAND-UP PADDLEBOARD YOGA

Take your practice to the water with this fun and refreshing SUP yoga class. Flow through a sequence of postures designed to challenge balance, build core strength, and enhance mindfulness—all while floating on the tranquil sea. Suitable for all levels, with plenty of modifications and time to play.

Want to capture the moment? Add professional drone photos and videos of your experience for an additional \$25—a perfect way to remember your practice on the water!

We require a minimum of 3 guests for the class.

SURFERS' VINYASA FLOW

Designed for everyone but crafted with surfers in mind, this class builds the strength, mobility, and balance needed to enhance your time on the waves. Flow through sequences that target paddling power, pop-up agility, and overall body control, all while cultivating a deep breath-to-movement connection.

We require a minimum of 3 guests for the class.

SURF RECOVERY STRETCH

A slower-paced class that focuses on deep stretches and mobility work, targeting key areas that surfers need—shoulders, hips, back, and legs. Whether you've spent the day chasing waves or just want a restorative practice, this class will leave you feeling open, lengthened, and ready for your next session.

We require a minimum of 3 guests for the class.

SUNSET YIN YOGA

Unwind with this deeply nourishing practice as the sun sets. Long-held, passive postures allow for deep tissue release, improved flexibility, and a calming effect on the nervous system. A perfect way to reset and restore after an active day.

We require a minimum of 3 guests for the class.

SUNSET SOUND HEALING

Immerse yourself in the healing vibrations of sound. This meditative journey combines crystal bowls and other soothing frequencies to bring deep relaxation and energetic alignment. Let go of tension and experience profound inner stillness as the sun dips below the horizon.

We require a minimum of 3 guests for the class.

book in at perfect wave or via reception