

Baptiste Power Vinyasa Yoga

A special week of daily yoga in Bocas



Monday 20th of March to Friday 24th of March

(daily classes – see timetable below)

A deep and transforming week of yoga offered in a stunning location overlooking the water. These classes are for beginners as well as intermediate students and are a special opportunity to energize and harmonize your body and mind.

Beginners (with or without experience) **6:00pm** at **Starfleet dive centre** (on 1st street)

Intermediates (Please register) **7:30am** at **Spa Flora Bella** (just off 3rd street, near park)

All classes are between 90 and 100 minutes

Cost per class \$6.50 (3 classes or more) **OR \$8** (single class)

This 1 week session of classes consists of the following: a deep and transforming yoga practice, an exploration of the master principles of alignment (for safe practice) and an introduction to meditation for truthful living. Classes will build on each other however drop-ins are welcome.

Classes presented by Martin Morris: Martin Morris (Australian) is a student of Baron Baptiste who is the founder of the Baptiste yoga method. Martin also has training in the Iyengar and Forest Yoga methods. Martin has taught yoga in the United States, Mexico, Guatemala, Nicaragua, Costa Rica and Panama.

Space is limited - Please register with Dona on 6591-3814