

# YOGA SCHEDULE NOVEMBER -MAY



	MON	TUE	WED	THU	FRI	SAT	SUN
8:00 a.m	Yoga for Runners (all levels)						
10:00 a.m	Mindful Morning Flow (all levels)	Mindful Morning Flow (all levels)	Mindful Morning Flow (all levels)	Mindful Morning Flow (all levels)	Mindful Morning Flow (all levels)	Mindful Morning Flow (all levels)	Mindful Morning Flow (all levels)
5:00 p.m		Sunset Vinyasa (intermediate level)		Sunset Vinyasa (intermediate level)			
5:30 p.m			Candle Lit Bliss Restorative Yoga (all levels)				Candle Lit Bliss Restorative Yoga (all levels)



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Drop-ins are 150 pesos or you may buy a 10 pack yoga pass from the front desk for \$1,000 pesos

# RANCHO PESCADERO YOGA

COME BACK TO YOUR BODY, COME BACK TO SOMETHING NATURAL.

We now offer a wonderful array of yoga classes at Rancho Pescadero's yoga shala. No matter what level you are, or if you're just beginning, we have a class especailly for you! Please join our ever-growing wellness community.

<b>MINDFUL MORNING FLOW</b>	<b>DAILY</b>
<b>INSTRUCTOR:</b> Teddi Dean / Liz (all levels)	<b>10:00 A.M. - 11:30 A.M</b>
<p>This well-rounded class will skillfully take you through some of the basic yoga poses. The slower paced sequence allows beginners room to learn and advanced practitioners space to explore and up-level the offered posses. You will be given mindful instruction about proper alignment with each pose and how to synchronize the breath with the movement of the body. Throughout the class there will be teachings on how to incorporate mindfulness practices into our daily lives. This fun class is good for beginners and is also wonderful for all levels!</p>	

<b>CANDLE LIT BLISS RESTORATIVE YOGA</b>	<b>WEDNESDAYS / SUNDAYS</b>
<b>INSTRUCTOR:</b> Teddi Dean (all levels)	<b>5:30 P.M. - 7:00 P.M</b>
<p>In this very nurturing, popular class you will learn to pull back from the strong forward momentum of our busy lives and gently bring your awareness back to the body, cultivating a true restful state. As the sun begins to set, you will be guided through a handful of fully-supported restorative poses to encourage your nervous system to come back to its natural state. This candle-lit class is a beautiful way to end the day and prepare the body for a wonderful night's rest!</p>	

<b>SUNSET VINYASA</b>	<b>TUESDAYS / THURSDAYS</b>
<b>INSTRUCTOR:</b> Liz (intermediate level)	<b>5:00 P.M. - 6:30 P.M</b>
<p>This dynamic, fairly challenging class is a great way to wake up and energize the body while also building strength, balance and flexibility. There will be a creative but skillful sequencing of poses at a mindful pace combining the breath with movement. This is a wonderful class to naturally build true confidence and get rid of obstacles thus opening us up to a more empowered life!</p>	

<b>YOGA FOR RUNNERS</b>	<b>MONDAYS</b>
<b>INSTRUCTOR:</b> Caitlin (all levels)	<b>8:00 A.M. - 9:30 A.M</b>
<p>Designed specigically for runners, we start class with a 30 minute run around the beautiful Rancho property and end up at our Yoga Shala. There we will slowly go through poses that cultivate flexibility and strength in the parts of the body most prone to tightness and injury in runners. Students will learn mindfulness techniques to bring awareness within the body and optimize breathing while strengthening mental focus.</p>	



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