



yoga los sueños

PRICE LIST

Drop in Passes

Single class	200
3 class 'weekend warrior' **	550
5 class pass	800
10 class pass	1500
20 class pass	2400

Unlimited Passes

Unlimited Week	1200
Unlimited Month ** (includes 2 free breakfasts and 1 guest rate massage) **	2000

Hotel Guests

Stays of 5 nights receive 1 free class
Stays of 10 nights receive 2 free classes
Hotel guests receive 50% discount on all
pass prices

** weekend warrior pass MUST be used
in 3 days, no extensions!

** month unlimited must use breakfasts
and massage in same month purchased

Class Descriptions

Vinyasa

This fluid style of yoga links movement to breath in a seamless sequence. Often referred to as 'flow' yoga, this movement based practice incorporates standing and seated postures, an invitation to inversions, and a sweet savasana at the end. All levels.

HathaYoga

In this practice, you will use physical asana (postures), pranayama (breathing), and dyana (meditation) to achieve a balanced, calmer state in body and mind. Poses move at a slower pace and are often held for a longer time. All levels.

Hatha Flow

Building on the foundations learned in Hatha Yoga, this class introduces the concept of moving with breath. This practice is still rooted in stillness, but incorporates more movement than traditional Hatha. All levels.

Power Yoga

A stimulating and exhilarating vinyasa practice which includes fast paced flows while building strength, flexibility, stamina, core stability and concentration. All levels.

Ashtanga

A dynamic and physically demanding style of yoga which flows in a fixed sequence of poses, using 'vinyasas' to transition from one to the next while using ujayi pranayama. Intermediate/advanced.

