

# YOGA LOS SUEÑOS SCHEDULE

MON	TUES	WED	THURS	FRI	SAT	SUN
8:30am Vinyasa Chel	8:30 am Hatha Flow Kerry	8:30 am Vinyasa Tanya	8:30 am Hatha Henry	8:30 am Vinyasa Kerry	9:00 am Vinyasa Fer	9:00 am Vinyasa Chel
10:00 am Hatha Flow Amanda	10:00 am Power Yoga Tanya	10:00 am Hatha Flow Amanda	10:00 am Vinyasa Kerry	10:00 am Hatha Fer		11:00 am Ashtanga Henry
6:00 pm Power Yoga Kerry	6:00 pm Hatha Henry	6:00 pm Vinyasa Alexandra	6:00 pm Power Yoga Chel			

**Vinyasa** is a fluid style of yoga that links movement to breath in a seamless sequence. This practice incorporates standing, seated, and inverted postures. All levels.

**Hatha** uses physical asanas (postures), pranayama (breathing) and dyana (meditation) to achieve balance in body and mind. All levels

**Hatha Flow** builds on the foundations learned in Hatha, while introducing the concept of moving with breath. All levels.

**Power Yoga** is a stimulating and exhilarating vinyasa practice which includes fast paced flows while building strength, flexibility, stamina, core stability and concentration. All levels.

**Ashtanga** is 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. Intermediate/advanced.

Located inside  
**Hotelito Los Sueños,**  
 Rosalia Tapia #10, just by  
 the elementary school.

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