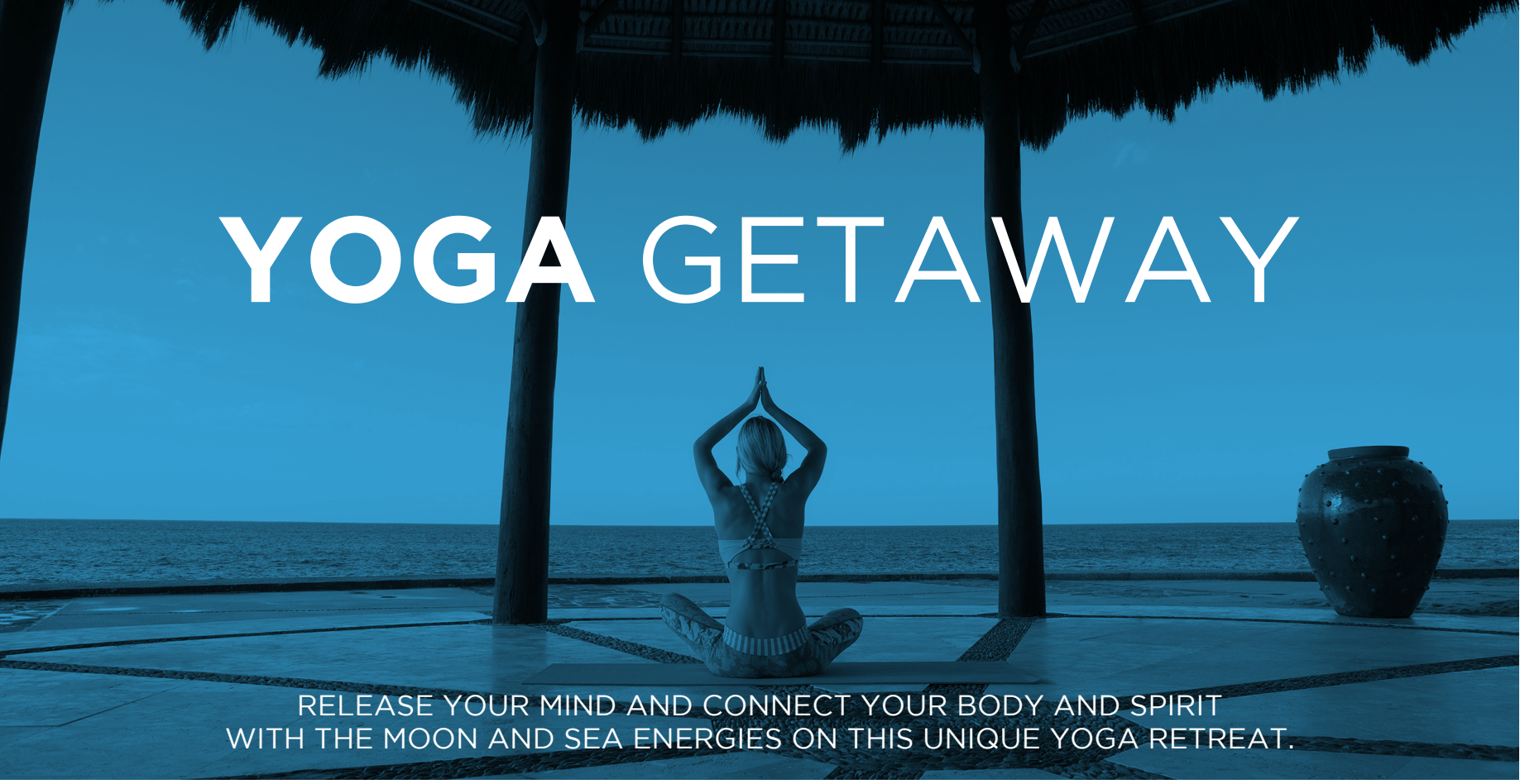

YOGA GETAWAY

RELEASE YOUR MIND AND CONNECT YOUR BODY AND SPIRIT
WITH THE MOON AND SEA ENERGIES ON THIS UNIQUE YOGA RETREAT.

INCLUDES:

Sunrise Yoga - 60 minutes
Yoga under the stars - 60 minutes
Mindful meditation & yoga class - 90 minutes
Moon Signature Spa Treatment - 120 minutes

*All classes included are private classes
at the ocean front beach club palapa.

Cost $799 USD ++ per person

Signature Moon Treatment: The four phases of the moon impact the body in very specific ways. Luna y Mar's signature treatments represent the varying energies of the lunar phases to align you with the rhythms of nature and enhance your wellbeing. The awakening new moon is for renewal and introspection, the nourishing waxing moon is for refocusing your energy and embodying your visions. The calming full moon is when one's full potential is achieved, and the restoring waning moon offers the perfect time for cleansing and detoxifying.

Yoga: Yoga practice allows the unfolding of beauty in all its forms through the 5 classical techniques of yoga: asana – alignment, pranayama - breath awareness, bandha - engagement of the body from the core, vinyasa - flow & connection in practice. These techniques are embodied as a dynamic flow of movement and stillness, which brings inner transformation.

Mindful Meditation: Is a healing and regenerative process that utilizes a specific breathing pattern to clear the mind, revitalizes the body and balances emotions for maximum physical and emotional benefits along with expanded states of awareness, are the natural products of increased oxygenation that breathing and Yoga meditation on the beach brings.

THE RESORT AT PEDREGAL