

# RESTORE. RENEW. RELAX.

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*Join us on the pool deck every Saturday morning for an invigorating Vinyasa Yoga class. Vinyasa Yoga is a flow of yoga poses using breath and movement to tone, strengthen and balance both body and mind.*

*Class begins at 8:00 a.m. Complimentary for all hotel guests.*

*All levels welcome. Mats are provided.*

