

YOGA

CALM

Relax Hatha Flow - 60 minutes

Ease and release tension built in the body through a gentle Hatha Flow, inviting you to a relaxed and centered state by the end of your session.

INDULGE

Deep Roots – 90 minutes

Begin with a guided meditation followed by asana's that are focused on strengthening, building mobility and long term inner vitality. Conclude your session sturdy as a tree with a deep, restful Savasana.

INVIGORATE

Ener-chi Vinyasa Flow – 60 minutes

Follow your natural rhythm in this up-beat Vinyasa Flow, including inversions and deeper twists. Inspired by advanced Yogi's - All are welcome.

RENEW

Begin and Restore – 60 minutes

A restorative-inspired yoga session, inviting all to the mat- Explore the fluidity of yoga through nourishing movements designed for newcomers, bodies with mild flexibility and long term or short term injuries.

PRIVATE SESSION

60 minutes – \$125 | 90 minutes – \$175

Taxes and service charge additional.



778.370.8700 | SPABYJWVANCOUVER.COM

JW Marriott Parq Vancouver
39 Smithe St, Vancouver BC V6B 0R3
604-676-0888