

The Hidden Gem of the Central Coast



YOGA AT THE RANCH

Four weekly sessions for all skill levels



Instructors: Janet Rhoades & Jena Baird

Vinyasa Flow - Saturdays (Janet): 8:30 to 9:30am & Sundays (Jena): 12 to 1pm

Vinyasa Flow emphasizes the form and action of yoga postures and yoga flow. This class prioritizes increasing mental acuity and improving body and muscle flexibility. Vinyasa Flow is restorative and gentle while focusing on breathing and targeting specific areas of the body. This class will energized and will ignite your inner conscientiousness.

**Drop-In: \$16/members, \$22/guests
Unlimited Monthly Classes: \$50/members (only)**

Balance Flow - Tuesdays & Thursdays: 4:30 to 5:30pm (Janet)

This well-rounded evening class infuses balance poses, music and a variety of sequences meant to help unravel the day and bring ease into the body. Suitable for all levels. This class is meant to benefit the mind body connection emphasizing safe and effective alignment as well as breath awareness and relaxation.

Please register in advance by calling the Front Desk (805) 434-9605.

For more information, visit www.ttrtennis.com/fitness/yoga