

SEPTEMBER *national yoga month*

FITNESS

AERIAL YOGA

Breathe, flow, and fly in this exciting new yoga practice that improves overall health and physical agility, lengthens muscles, and releases tension throughout your entire body.

Offered 6 days per week

Tuesdays and Thursdays | 9:00 am - 9:50 am
Mondays and Fridays | 3:00 pm - 3:50 pm
Saturdays | 10:00 am - 10:50 am
Sundays | 11:00 am - 11:50 am

FULL MOON YOGA

Sep 24th | 7:00pm

Join Miraval Mindfulness Instructors for a complimentary evening of outdoor meditation and candle-lit gentle yoga.

TREATMENT

SHAMANA-KARMA BODY RITUAL

Purify and boost immunity and spirits with this Ayurvedic-inspired ritual. Beginning with an inhalation of lemongrass, mint, nutmeg and clove to engage your senses, your therapist then deeply massages a curative blend of coconut, ginger and rosemary essential oils onto skin using steaming, hand-wrapped poultices that warm the body, release tense muscles and energize the mind. A warm, aromatic wrap follows, finishing with a cleansing hibiscus plant powder scrub, restoring the vitality of your skin as well as your spirits.

90 minutes | \$285 Monday - Thursday | \$300 Friday - Sunday

YOGA WEAR

Visit the Life in Balance Boutique for your favorite locally designed yoga apparel.

ALO

Alo began in Los Angeles in 2007 because the founders wanted to spread good by bringing yoga to the world: to anyone who is experiencing the transformative power of yoga, to the world's best yogis who wear Alo because it's the only line that actually elevates their practice, to the celebrities and the fashion-forward who wear Alo because it's the perfect street brand, comfortable, contemporary and decidedly not just for the mat.

VIMMIA

Designed and produced in Los Angeles, VIMMIA has been developed with meticulous attention to quality and the cutting edge of design. No matter your lifestyle, your workout, or the time of day, VIMMIA is designed for YOU. VIMMIA's proprietary fabrics, patented designs, and unique & chic styling are perfect for any BODY.

MIRAVAL
life in balance spa
MONARCH BEACH RESORT