



# FOR YOUR WELL-BEING



## YOGA & TAI CHI CLASSES

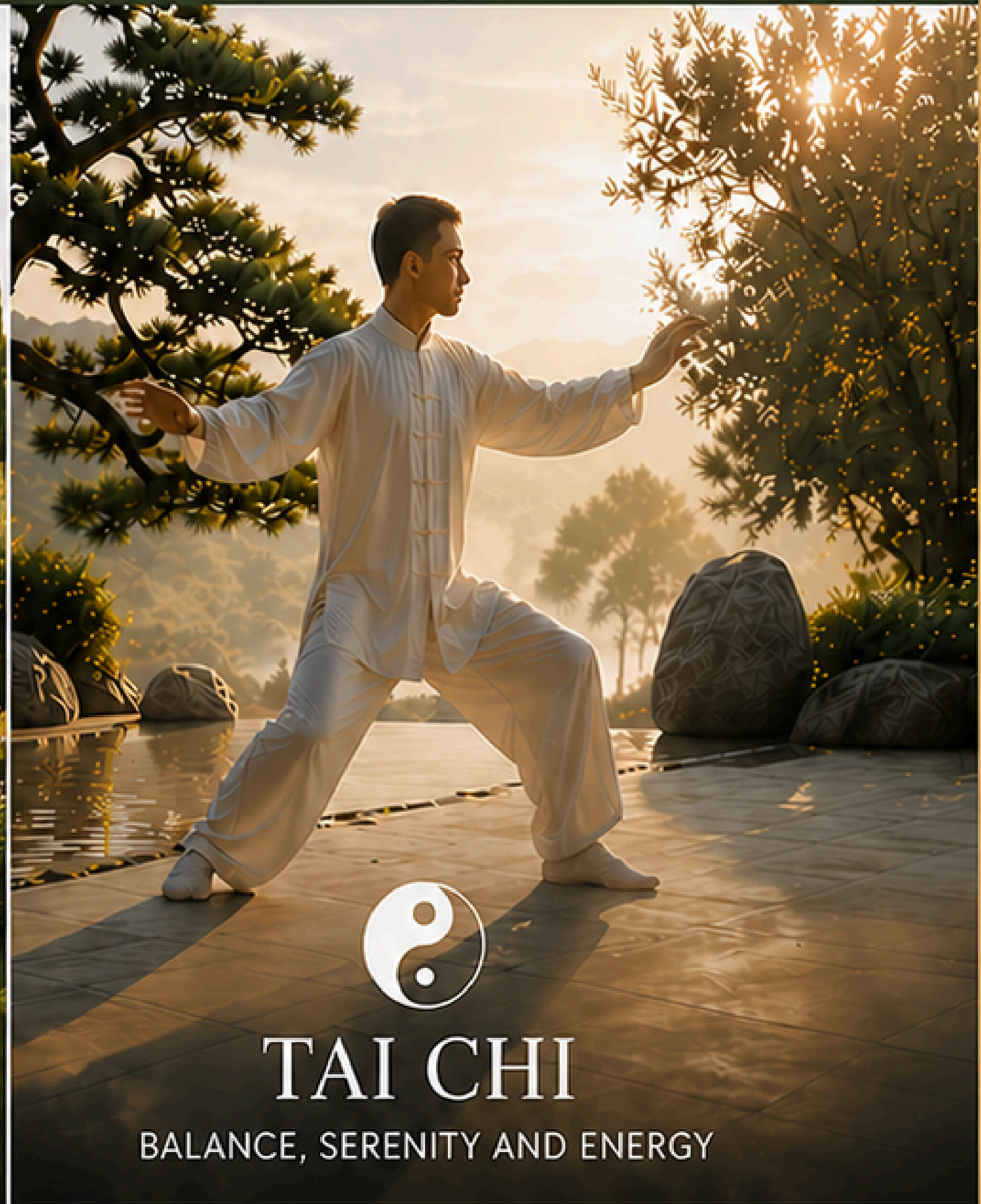
AT YOUR DISPOSAL

*Weekly classes*



### YOGA

HARMONY OF BODY AND MIND



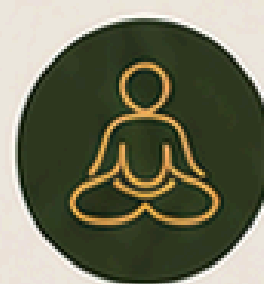
### TAI CHI

BALANCE, SERENITY AND ENERGY



EVERY SATURDAY AT 6:00 PM  
May, June and October

EVERY WEDNESDAY AT 6:00 PM  
July, August and September



EVERY SUNDAY AT 9:00 AM  
May to October



GIVE YOURSELF A MOMENT OF PEACE AND RENEWAL  
DURING YOUR STAY.