

GROUP EXPERIENCES MENU

All classes are available as private experiences or group sessions.

YOGA & MEDITATION

All classes are available as a private individual, duet, or group session.

AERIAL YOGA
AROMA ESSENCE YOGA
BLUE MINDFULNESS MEDITATION
CRYSTAL MEDITATION
H2O BOGA YOGA
MORNING MEDITATION
RESTORATIVE YOGA
RISE & SHINE YOGA
SINGING BOWLS FLOATING MEDITATION
SINGING BOWLS MEDITATION
VINYASA FLOW YOGA
CUSTOM YOGA
CUSTOM MEDITATION

FITNESS

All classes are available as a private individual, duet, or group session.

ABS & GLUTES
BATAQUITOS LAGOON GUIDED HIKE
BODY & BARRE
BODYWEIGHT HIIT
BREATHE & STRETCH MINDFULLY
BREATHE YOUR STRESS AWAY
BUNGEE FITNESS
GLUTE STRENGTH
GRATITUDE HIKE AT BATAQUITOS LAGOON
HAPPY HIPS
HIIT WITH PROPS
OUTDOOR FITNESS FUSION
PILATES APPARATUS CIRCUIT
PILATES MAT
SHOULDERS SET FREE
WATER FITNESS
PERSONAL TRAINING
PILATES APPARATUS

CREATIVE EXPRESSION

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FLOWER ESSENCE
INTENTION BRACELETS