



# TIDEPOOLS

SPA & WELLNESS

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Join your instructor in our wellness studio or on the beach for a session customized to your needs and ability. Mats and props are provided.

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## PRIVATE YOGA SESSIONS

### Slow Flow

Ideal for all levels of experience and drawing on the fundamentals of yoga, this gentle flowing class is rooted in Hatha Yoga and focuses on alignment, deep stretching, balancing postures, and breathing techniques.

60 Minute \$100 | 90 Minute \$150

### Vinyasa Flow

This uplifting class focuses on re-awakening and re-energizing the body through a sequence of sun salutations, breath awareness, and strengthening and balancing postures.

60 Minute \$100 | 90 Minute \$150

### Restorative Yoga

This deeply relaxing class focuses on breathing techniques paired with grounding postures of deep holds and dynamic twists to calm the body and mind.

60 Minute \$100 | 90 Minute \$150

### Yoga Nidra Meditation

Also known as yogic sleep, this guided meditation will take you through the five subtle layers of the body while you experience a deep state of conscious relaxation. Your session will be split between restorative postures and meditation.

60 Minute \$100 | 90 Minute \$150

### Breathwork Meditation

This meditation incorporates various breathing exercises accompanied with mudras, which are hand postures, to help improve quality of sleep, increase lung capacity, and reduce chronic stress and mood imbalances.

30 Minute \$50

Up to two participants per session.  
\$20 for each additional participant;  
\$10 for Breathwork Meditation.

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To schedule, please call us at 503.483.3000 or email  
[Tidepools@HeadlandsLodge.com](mailto:Tidepools@HeadlandsLodge.com)

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