

YOGA ON THE CROQUET LAWN



7:30am to 8:30am

Mondays, Wednesdays and Fridays

The Croquet Lawn

Each practice is a journey in itself, to the unlimited possibilities of the here and now.
The classes are influenced by Ashtanga, Vinyasa, Yin and Zen traditions and are shared with focus on the fluid integration of breath and movement.

Complimentary (Members Only)



TUCKER'S POINT
BERMUDA