

# YOGA ON THE CROQUET LAWN



**With Clare Dominguez**

*7:15am to 8:15am*

*Monday, Wednesday and Thursday*

*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