



TAKE YOGA OFF THE MAT AND INTO NATURE

Summer Adventures with Mytree Yoga

**PADDLE, BEACH + MOUNTAIN YOGA
SPECIAL EVENTS + EXCURSIONS**

Weekly Classes:

Beach Yoga, Tuesdays 19.00

Beach Pilates, Thursdays 19.00

Stand Up Paddle Yoga, Weekends 10.00



Mytree Yoga Summer Adventures

LIVE YOGA. LOVE LIFE.

Yoga Hike + Lunch at Capanna Mte. Bar

June 13, August 8

Stand Up Paddle Yoga Immersion

June 26-28

Stand Up Paddle + Yoga Excursion

June 29, July 11, July 25

Full Moon Stand Up Paddle Yoga

June 5, July 6, August 3

Beach Yoga + Brunch at Lido Conca d'Oro

July 5, August 2

Mytree Mountain Retreat at Capanna Mte. Bar

July 18-19

**TO REGISTER, VISIT WWW.MYTREEYOGA.COM
OR EMAIL INFO@MYTREEYOGA.COM**

