



Renew yourself with a tranquil yoga class under the moonlight.

The moon is believed to represent our intuition, creativity, emotions, mind and sensitivity. The full moon brings closure, change, rebirth and manifestation. It is a time where we can reflect on things that no longer service us and gives us the power to release them in our life, body and mind. May you trust who you are and surrender...

Full Moon Yoga: 45 minutes, \$25* at Casitas Garden (by the spa labyrinth)

January 12th

July 9th

February 10th

August 7th

March 12th

September 6th

April 11th

October 5th

May 10th

November 4th

June 9th

December 3rd

7:00pm

**For more information or to make a reservation*
contact our Spa Concierge at Ext. 7300.**

* Advanced reservations are required per session.. No cancellations or changes permitted.
Price includes access to the Niwa facilities (lockers, steamroom, Jacuzzi and tea lounge on day of service/class. Prices are subject to applicable tax and service charge.

