

Yoga Class



..... Yoga at the Resort

This yoga class focuses on postures and gentle awareness with modifications, combined with breath and alignment. Occasional outdoor sessions in the summer.
All Levels Welcome. Some mats and props available.



OPEN TO THE PUBLIC

Wednesdays 3pm ~ 4pm & Sundays 8am ~ 9am
\$12 Drop In or \$100/10 Class Pass

Location: Port Ludlow Inn Resort & Marina

360.437.7000  www.portludlowresort.com