

YOGA ONBOARD



Yoga classes will be imparted in hours that do not interfere with the hiking or water excursions. Suggested hours are before meals, 7AM or 5:30 PM.



Yoga Classes will be done at the most secluded and protected anchoring sites within the Itinerary



The duration of the classes will be one hour and will include asanas (physical yoga), pranayamas (breathing and energy flow techniques) and a short meditation. The asanas will be focused in combination of principles of Hatha Yoga (yoga of balance, Sun and Moon) and Vinyasa (flow). Yoga Nidra (deep relaxation) can be part of the afternoon classes.

Please notice that the crew will do their best to have the yacht anchored in a secluded and calm place, however due to changing conditions of the ocean, and depending on the navigation departing hours, some days the classes might not be offered.

