



# Roof Top Yoga

## Sunrise Yoga (All Levels)

Saturdays 7:30 am - 8:30 am  
w/Sirad

Welcome the sun's energy with an invigorating sequence of meditative breath and mindful flow between poses. Improve flexibility, balance, core strength & postural awareness.

## Sunset Yoga (All Levels)

Wednesdays 6:30 pm - 7:30 pm  
w/Karen

Link your breath with a mindful and vigorous flow beginning with a gentle warm-up and ending with a relaxing cool down. Build strength, flexibility, and focus while challenging yourself, cleansing the body, and calming the mind.  
*No prior experience necessary.*

### Location:

Atlantis Sports Club Sundeck

(Located Inside the Hyatt Regency)

*\* Indoor space available in the event of inclement weather*

FREE HOTEL PARKING

Atlantis Members \$10

Hyatt Guests \$5

Drop - In \$15

\* ID REQUIRED



617.441.6501  
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