



# Spa Rosa Private Wellness Classes



## Yoga Therapy

### Restorative Yoga • \$195

- Help shift balance from sympathetic nervous system (fight or flight response) to parasympathetic nervous system
- Enhances mood
- Promotes relaxation
- Improves deep breathing

### Ayurvedic Yoga • \$255

- Balances the three Doshas - Kapha, Vata, Pitta to promote physical & spiritual harmony
- Abhyanga, asana, pranayama

### Acro-Partner Yoga • \$210

- Couples Yoga Class
- Fine tune body awareness
- Builds strength, flexibility, and balance
- Calms the mind and improves concentration

### Yoga for Back Pain, Recovery & Condition • \$255

- Initial consultation is required - Must be completed before the class
- Can be used as an integrative & holistic approach to find support in navigating through chronic pain, fibromyalgia, scoliosis, cancer recovery, anxiety, depression, and overall movement in the body

### Prenatal Yoga • \$190

- Prepares body & mind for an easier birth & recovery
- Helps open the inlet, mid-pelvis, outlet
- Relieves SI pain and reduces tension in labor
- Increases the strength, flexibility and endurance of muscles needed for childbirth

## Sound Therapy

### Turning Fork • \$190

- Sonic vibrations stimulate chi, pranic energy to encourage healing
- Heighten awareness
- Reduce stress and anxiety
- Release energetic stagnation

### Tibetan Bowls • \$190

- Allows deep relaxation of both sides of the brain
- Promotes the elimination of toxins from the body
- Alleviates mental or emotional pain
- Improves muscle regeneration
- Pain relief for joints, sciatica, migraines and more

### Crystal Singin Bowls • \$225

- Chakra singing bowls improve connection with mind, body and spirit
- Relieves stress and anxiety
- Promotes deep relaxation
- Repairs, opens and heals chakra centers
- Stimulates the immune system
- Facilitates flow of energy throughout the body

### Koshi Chimes • \$205

- Brings positive energy to heal the body by creating a 3D experience to pass all around the body
- Reduces stress and promotes relaxation
- Harmonizes elemental energies - earth, air, water, fire
- Evokes general wellness

### Monochord Bed • \$225

- Infinitely complex sound waves are created to release, harmonize, and heal
- Reduces stress levels and mood swings
- Improves sleep
- Lowers blood pressure and cholesterol
- Helps with depression and pain

### All Frequencies Sound Bath • \$310

- Customized sound tools with all instrument modalities
- Parasympathetic nervous state response, Multiple tools to reset, reboot, reprogram the nervous system
- Rotations of consciousness
- Pranic healing

- All classes are 60 minutes for up to 12 people
- Intake form is required before class and submitted to Alex a minimum of one day prior
- Class needs to be booked with a payment hold 48 hours in advance
- \$30 per additional person who joins class