

# La Casa del Zorro Resort & Spa: Yoga Studio Activities

| Sunday  | Monday | Tuesday | Wednesday | Thursday | Friday   | Saturday  |
|---|--------|---------|-----------|----------|--|---|
| <p><b>Paul</b><br/>8:00 am<br/>Meditation<br/>45 min.</p> <p>9:00 am<br/>Yoga<br/>1 hr.</p> <hr/> <p>Improve your health,<br/>build strength,<br/>relieve stress, relax<br/>and calm the mind</p> <p><b>All Levels<br/>Welcome</b></p> <hr/> <p><b>On Donation<br/>Basis:</b><br/>\$10 - \$15</p> |        |         |           |          | <p><b>Paul</b><br/>9:00 am<br/>Yoga (Gentle)<br/>1 hr.</p> <hr/> <p>Improve your health,<br/>build strength,<br/>relieve stress, relax<br/>and calm the mind</p> <p><b>All Levels<br/>Welcome</b></p> <hr/> <p><b>On Donation<br/>Basis:</b><br/>\$10 - \$15</p> | <p><b>Paul</b><br/>8:00 am<br/>Meditation<br/>45 min.</p> <p>9:00 am<br/>Yoga<br/>1 hr.</p> <hr/> <p>Improve your health,<br/>build strength,<br/>relieve stress, relax<br/>and calm the mind</p> <p><b>All Levels<br/>Welcome</b></p> <hr/> <p><b>On Donation<br/>Basis:</b><br/>\$10 - \$15</p> |

Updated April 2019

## FREE for Registered Resort Guests



**La Casa Del Zorro**  
DESERT RESORT & SPA • BORREGO SPRINGS

3845 Yaqui Pass Road • Borrego Springs, CA 92004 • (760) 767-0100 • [lacasadelzorro.com](http://lacasadelzorro.com)