



Gili Yoga



awaken in paradise

WOMEN'S HEALING YOGA

Tuesdays and Thursdays 6:30 - 7:30 pm

A beautiful and nourishing practice to claim and celebrate your feminine power. Gentle movements, guided meditation and breath-work take us deep into the heart of our creativity and pleasure. This is a safe space for women of all ages to embrace the wisdom and beauty of their body.