

WELLNESS ACTIVITIES LIST

DESERT ROCK

SUN	8:00am Vinyasa	11:00am Aerial Yoga	2:00pm Breathwork
TUE	8:00am Hatha Yoga	11:00am Restorative	2:00pm Yoga Nidra
WED	8:00am Ashtanga	11:00am Spinal Flow	2:00pm Chakra Yoga
THU	8:00am Aerial Yoga	11:00am Vinyasa Yoga	2:00pm Restorative
FRI	11:00am Aerial Yoga	2:00pm Breathwork	4:00pm Chakra Yoga
SAT	8:00am Floating Sound Bath	11:00am Core Flow	2:00pm Yoga Nidra

WELLNESS ACTIVITIES



AERIAL YOGA

Experience a unique blend of movement, mindfulness, and exploration as you flow with your breath, supported by a soft silk hammock. Move with ease, deepen awareness, and gain a new perspective while opening up your body and mind.

ASHTANGA

A structured and energizing series of postures that will invigorate your body and mind. This dynamic practice builds heat, increases circulation, and cultivates mental focus, leaving you feeling revitalized throughout the day.

BREATHWORK

A guided exploration of traditional breathwork practices. Use the power of your breath to release tension and energy blockages, leaving you feeling calm, refreshed, and energized, fully aligned with your inner self.

CHAKRA YOGA

A guided practice to connect with and unblock each chakra, allowing energy to flow freely and bringing balance and harmony.



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CORE FLOW

By focusing on strengthening and activating the core. This flow will leave you with a deep sense of internal power and stability.

FULL MOON YOGA & MEDITATION

A powerful time for letting go, releasing and getting back to yourself, grounded and relaxed. We offer Full Moon Yoga once a month during the full moon.

SPINAL FLOW

A gentle practice aimed at relieving tension in the lower back and improving spinal health. Through mindful movements and stretches, this session promotes mobility, comfort, and deep relaxation.



HATHA YOGA

A slower-paced, grounding practice that focuses on deep, mindful stretches and longer-held poses. Each posture will connect deeply with your inner self, fostering balance, peace, and introspection.

RESTORATIVE YOGA

A deeply relaxing practice. Poses are held for longer durations, allowing you to fully unwind, find peace, and connect to the meditative aspects of yoga, creating harmony between body and mind.

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VINYASA

A dynamic and fluid practice, seamlessly linking breath with movement. This flow cultivates strength, flexibility, and mental clarity, allowing you to synchronize your body and mind with each inhale and exhale.

YOGA NIDRA

Lay down and let go into a deep state of relaxation through a guided visualization journey. This practice will induce a state of profound inner peace and self-discovery, allowing us to set meaningful intentions for our lives. Great for improving sleep quality and promoting deep restoration.

SUNSET YOGA

Join us for a mindful walk up to the observatory, followed by a gentle yoga session as the sun sets, blending movement and breath to unwind with nature's rhythm.



FLOATING SOUND BATH

A serene wellness experience that combines the calming effects of water and therapeutic sound vibrations. Lie back on floating mattress while being surrounded by soothing sounds from instruments of crystal bowls and chimes.

Advanced reservation required, please contact your villa host.

MEET THE EXPERT



With deep knowledge of ancient wellness philosophies and Ayurveda, I offer holistic experiences across Vinyasa, Hatha, Ashtanga, Pranayama, Meditation, Sound Healing, and Yoga Nidra. Whether in group or personalized sessions, my goal is to promote relaxation, clarity, and renewal. I invite you to join me on this transformative journey to reconnect with yourself and experience the power of yoga.

SOFIA JUAREZ

Yoga Instructor, Therapist, and
Wellness Practitioner

Born in Mexico and shaped by global experiences, I pursued my Post Graduate education as a Yoga Therapist in India at one of the country's oldest and most respected yoga schools, with a legacy of over 100 years. With nearly seven years of experience across five countries and three continents, I specialize in helping individuals cultivate a healthier, more balanced lifestyle through yoga, both on and off the mat.

Yoga is more than movement—it's a practice of self-discovery that fosters harmony between the body, mind, and emotions. My passion is to guide others in reconnecting with themselves, fostering inner peace, balance, and deep connection. Through mindful practices, I encourage self-awareness, creating space for the calm and well-being that already exist within.

