



DESERT ROCK

MINDFULNESS  
ACTIVITIES LIST

SUN	7:30am Hatha Yoga	11:00am Sound Bath	2:00pm Yoga Nidra
TUE	7:30am Vinyasa	11:00am Restorative	2:00pm Breathwork
WED	7:30am Ashtanga Yoga	11:00am Sound Bath	1:00pm Chakra Yoga
THU	7:30am Aerial Yoga	11:00am Sound Bath Journey at Pavilion	2:00pm Restorative
FRI	7:30am Ashtanga Yoga	11:00am Aerial Yoga	2:00pm Breathwork
SAT	7:30am Floating Sound Bath	11:00am Chakra Yoga	2:00pm Sound Bath Journey



# MINDFULNESS ACTIVITIES LIST



## 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.





# MINDFULNESS ACTIVITIES LIST

## VINYASA

A dynamic and flowing practice that unites breath with movement. This sequence builds strength and flexibility while enhancing mental clarity, creating harmony between body and mind with every inhale and exhale.

## YOGA NIDRA

A deeply restorative practice of guided visualization, inviting you into profound relaxation and inner peace. It supports self-discovery, meaningful intention-setting, better sleep quality, and complete renewal of body and mind.

## FLOATING SOUND BATH

A serene wellness experience that combines 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.



## 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.



# MEET THE EXPERT



## 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.

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.

