



FLOW YOGA
+
Healing sounds

*Welcome to your
holistic experience*

RISE TO SHINE WITH FLOW YOGA & HEALING SOUNDS

Imagine starting your day with the gentle sound of waves, the warmth of the sun on your skin, and the soft white sand beneath your feet.

Our Morning Yoga Flow on the Beach offers you the perfect opportunity to rejuvenate your body and mind, setting the tone for a day filled with positivity and energy.

Let the rhythm of the ocean carry you towards tranquility as you reconnect with your inner self.

FLOW YOGA

In the heart of our practice lies the art of Flow Yoga – a graceful fusion of movement and breath, akin to a dance of the body in harmony with the rhythm of life itself. Thanks to Flow Yoga, we awaken the body, uplift the spirit, and unlock the flow of energy within.

HEALING SOUNDS

End your practice where you can melt into the sand and listen to the soothing sounds of the waves, you will experience profound relaxation with the healing melodies of Indian flute, handpan, sambala, koshi, Tibetan bowl, and more...his deep relaxation will take you on a transformative Sound Journey, leaving you feeling mellow yet deeply connected to the Earth and your inner essence.

Beach yoga

OUR SCHEDULE

Tuesday: 8:00 - 9:15

Thursday 8:00 - 9:15

Sunday: 8:00 - 9:15

Value 15 €

Reservation required

 [Book online here](#)

minimum 2 people needed for class to happen

Important info

Before your session, try not to eat for at least two hours. If you tend to feel dizzy, grab a light snack like a piece of fruit with peanut butter to keep you energized without feeling heavy.

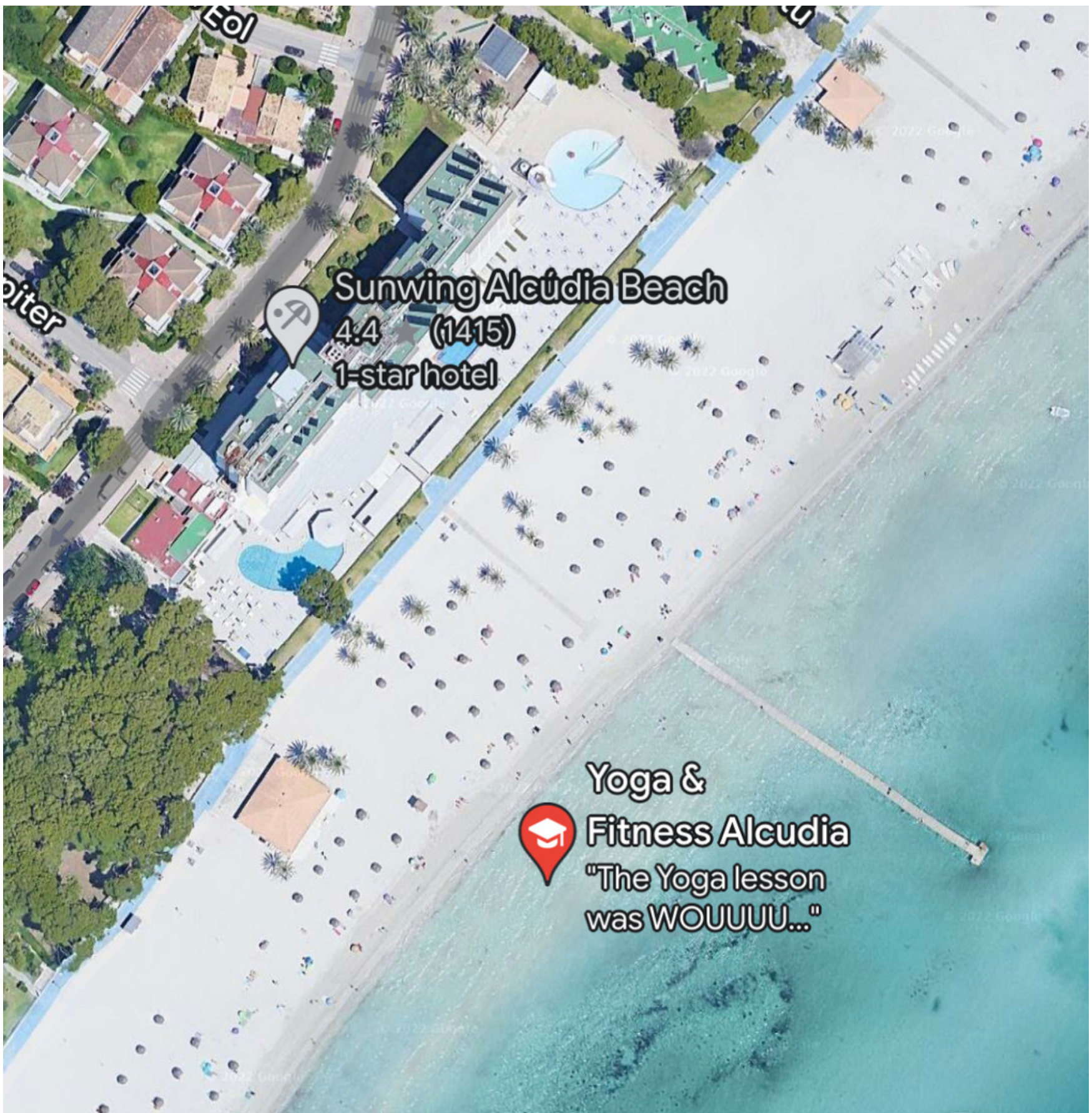
WHAT TO BRING

- Yoga mat, large towel or blanket
 - Drinking water
 - Suncream
 - Jumper or sweatshirt
(it's common to feel bit cold in Savasana)

Meeting point

SUNWING HOTEL ALCUDIA

We meet directly on the beach in front large hotel Sunwing, Alcudia. Together we walk closer to the sea.





Michaela Jones

**EMBODIMENT & PLEASURE COACH,
YOGA TEACHER, SOUND THERAPIST**

Through Flow Yoga, we embark on a journey of self-discovery, where every movement becomes a expression of our soul.

And so, it will be my pleasure to offer you my gentle guidance as you reconnect with your essence, finding inner peace and harmony.

With love, *Michaela Jones*

See you on the mat!

Namaste

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