



# POOLSIDE YOGA & GUIDED HIKES

- PRESENTED BY TOCALOMA SPA

Challenge & balance your body and mind with a **Yoga Stretch Class** or explore & learn about the surrounding desert landscape with an easy to moderate **Guided Hike**

## When:

Wednesdays, Saturdays & Sundays

Hike\* 7:30-8:30am

Yoga\* 9:00-10:00am

## Where:

Meet on the patio of Tocaloma Spa & Salon

## How:

Must reserve your spot 24-hours in advance by calling 602 375 4645 or ext. 7085

\$25 per person, per service



\*Hike & Yoga are for all skill levels, beginner to advanced. Appropriate hiking footwear is required. Children under age 16 must be accompanied by an adult. Times and schedule may vary based on availability and weather.

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