

“ANA CADENA”

Trapeze Yoga (Aerial Yoga)

Private individual (or small group) classes held at Venus De Fido Spa. Private practice is recommended a minimum of once per week, though some students prefer to practice 2-3x's per week, which is even better if you're able to commit to that. Together, we'll work specifically on your health goals using the best yoga practices to serve you. This is highly individualized and is designed to help you get the most benefits in the least amount of time possible.



Private Class Packages (Pricing Valid Through December)

Single Class (Individual - Solo/Private)	\$95
Group Class - 2 people \$50 each	\$100
Group Class - 3 people \$40 each	\$120
Group Class - 4 people \$35 each	\$140

Schedule with Instructor/Concierge

Class Packages Available - Discounted - check with Instructor
Call our Concierge 760-834-7070 for more information and scheduling

Preparing for Class - Turn off mobile phone, remove from room if possible, Use a sticky yoga mat

Wear yoga or athletic style clothing that you're comfortable in

Arrange for an uninterrupted 60-minute block, avoid eating 2-3 hours before practice



Ana Cadena began practicing yoga in college to sharpen her mental acuity, build strength, promote balance, and lend greater flexibility. It all seemed straight-forward, and her approach to practice shifted in subtle, yet meaningful ways following a head and neck injury in 2007.

Meditatively breathing space into tight areas allows Ana to move through scarring and ease pains. Along with the breath, tiny corrective adjustments to alignment led to visible lengthening along her spine. Once Ana found trapeze yoga, this process accelerated beyond her dreams. Her overall condition improved in a matter of weeks! The body loves this practice, rewarding with a “bootie lift” and “tummy tuck”. Trapeze yoga is Ana's favorite obsession.

Ana's highest goals are to have the ability to attain stillness in a wide variety of conditions; to ask questions rather than make statements; to sing, dance and laugh along the way.



VENUS DE FIDO

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