



Private Yoga Class

Dragonfly offers hatha, vinyasa (flowing) style yoga with classes designed for people of all ages and abilities allowing anyone to successfully enjoy the experience. Classes consist of bodily postures, breathing and relaxation techniques with the goal of bringing about a sound, healthy body and a clear, peaceful mind. Mats, blocks and props provided. \$30 per person for a one hour class.

Wine/ Beer/Cocktail Tasting and Yoga

Sample adult beverages while doing a fun and energizing yoga practice. We'll learn about and sample different varieties of the beverage category of your choice, play trivia and games and finish up with posing for prizes. Come prepared to have fun. This 1.5 hour class is \$45 per person including the beverage tastings. All guests must be 21 to participate.

Chakra Balancing Yoga and Bracelet Workshop

Chakras are energy centers in the body affecting physical, emotional and spiritual balance. The workshop will begin with a one hour yoga class using poses, visualization and breathing techniques to help you bring balance to each of the Chakra locations in your body. Following the practice each participant will make a bracelet constructed from black lava and colored beads representing the colors that correspond to the seven major energy centers. Total class time approximately 2 hours and includes all materials needed to create the bracelet. \$45 per person

Wine/ Beer/Cocktail Tasting and Painting

Not up for yoga but still want to be creative? Let us teach you to paint. Step by step instructions for either a watercolor or acrylic painting or a stenciled latitude/longitude sign. Art materials and beverage tasting included. \$55 per person

Questions? Call/text Karla at 443.995.5485 or email karla@dragonflypaddleandfitness.com

*All pricing based on a minimum of 4 participants with classes held at the Queenstown Harbor cottages.