

ELEVATE WELLNESS & WELLBEING

with Anna Tsoy

Anna Tsoy, born and raised in Kazakhstan, has devoted her life to movement, music, and holistic wellness. A **Certified Multistyle Yoga and Meditation Practitioner and Pilates Instructor** with seven years of international experience, she guides others through healing and self-discovery. Her mindful approach blends movement, breathwork, sound, and stillness to restore balance and harmony in body and mind.

Group Session - \$35++ pp, Private Session - \$200++ pp

THE PALMS - 8:00-9:00AM & 3:00-4:00PM

THE SHORE CLUB - 9:30-10:30AM & 4:15-5:15PM

Monday	Vinyasa Flow	Breathwork & Meditation
Tuesday	Mat Pilates	Restorative Yoga
Wednesday	Hatha Yoga	Breathwork & Meditation
Thursday	Mat Pilates	Stretching
Friday	Restorative Yoga	Breathwork & Meditation
Saturday	Stretching	Gong Meditation

SUN SALUTATION YOGA
BREATHWORK & MEDITATION
MAT PILATES
RESTORATIVE YOGA
VINYASA FLOW
GONG MEDITATION
YOGALATES
YOGA NIDRA
TRADITIONAL HATHA YOGA
SOUND HEALING
STRETCHING & MOBILITY
MOON SALUTATION
ASHTANGA YOGA
PRANAYAMA & MEDITATION



THE SHORE CLUB
LONG BAY BEACH

+1 649.339.8000, SPA EXTENSION #31140
SPARESERVATIONS@THESHORECLUBTC.COM



+1 649.946.8666, 649.946.8667
SPARESERVATIONS@THEPALMSTC.COM