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

MONDAY, WEDNESDAY, FRIDAY
8am at The Palms • 3:30pm at The Shore Club

TUESDAY, THURSDAY, SATURDAY
8am at The Shore Club • 3:30pm at The Palms

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

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