



MEET GINGER LAVUNDI

*Certified Kripalu Yoga Teacher,
Bodyworker and Reiki Master*

The Naples Beach Hotel & Golf Club is proud to have Ginger Lavundi directing our onsite Harmony for Living Programs. Ginger has been involved in health and wellness for nearly two decades, teaching everything from yoga to meditation to improvisational dance classes – all for the benefit of your body, mind and spirit.

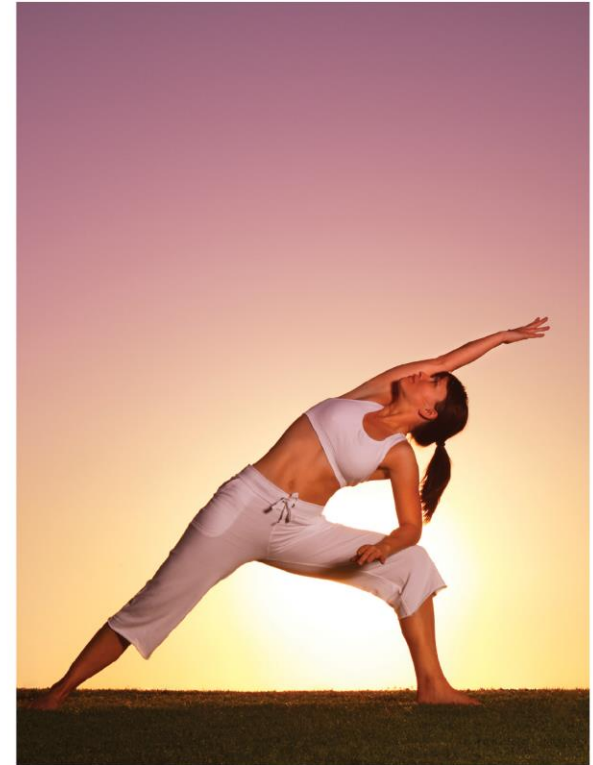
Her retreats for restoration, relaxation and renewal have been featured in Florida, Maine and Italy; and her presentations for guests and groups at the Resort have been extremely popular.



YOGA for Business Conferences, Weddings Parties, Family/Friends Reunions, Parties, Special Events...loosen things up with a lively experience that will cover alignment, balance, breathwork, focus, relaxation and meditation.

Get your event off on the right foot!

**Call Spa Reception at 239.659.4303
or Ginger directly at 239.248.2472.**



THE NAPLES BEACH HOTEL SPA STUDIO
Yoga, Meditation and You



The Naples Beach Hotel
& Golf Club
A Naples Original

851 Gulf Shore Blvd. North • Naples, FL 34102

NaplesBeachHotel.com



HARMONY FOR LIVING PROGRAMS: HEALTH & WELLNESS

Presented by Ginger Lavundi, Certified Bodyworker, Yoga Teacher and Reiki Master

YOGA...use breathwork, postures and practices in a practical way to help strengthen and understand your mind and body. Take advantage of private sessions and classes for varied ages and skill levels.

MEDITATION...practice quieting your busy mind. We will teach you methods to calm your mind and relax your body.

REIKI...a technique of energy-balancing for health and well-being.

REIKI ATTUNEMENTS...targets healthcare givers and those who wish to use their healing qualities. Levels I, II and III are available.

RETREATS...make time to refresh and rejuvenate. We will help you create an individual "retreat" where you can join us for your own unique experience whenever you want. It's the perfect way to acquire helpful methods for wellness and revive commitment.



Join us for classes designed to relax, rejuvenate and restore your sense of balance, well-being, strength and flexibility.

OCTOBER 2020
YOGA CLASSES at the
FITNESS STUDIO

YOGA CLASS SCHEDULE
TUESDAY THURSDAY SATURDAY
9:00 AM and 10:15 AM
All levels welcome
(each class one hour)

Reserve one day in advance
Text or Call Ginger (239-248-2472)
(Confirmation will be returned)

Mats provided cleaned and sanitized,
maintaining social distance

CLASS FEES

Resort Guest:	\$ 10.
Day Guests:	\$ 20.
10 Classes:	\$150.
20 Classes:	\$270.
Unlimited Classes:	\$150/mo.

Private sessions and
Beach Yoga by appointment

Yoga Meditation Reiki
Gift Certificates Available
g.lavundi@naplesbeachhotel.com