

BEGINNER

10-11AM
Yoga and Meditation

11Am-12PM
Wine & Food

Learn different techniques
on how to reconnect.

75 / per



INTERMEDIATE

2-3 PM
Yoga and Meditation

3-4 PM
Wine & Food

Creating a precision
machine to meet your
inner state of
nothingness

75 / per

CONTACT

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Private vineyard
41 Lighthall Road., Milford
Prince Edward County



YOGA

- Meditation with singing bowl
- Introduction to of exclusive Progressive Yoga technique: A product of Adam Quang's 23 years of teaching experience and *HIIT research.
- Principles of building body strength and flexibility using Progressive Yoga technique. You'll cut your workout in half.
- Introduction to Restorative Yoga.
- Relaxation techniques.

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LIFE. IT'S ALL ABOUT BALANCE

As a rewards for your yoga hard work, charcuterie board with wine pairing will be served for your gustatory pleasure.

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ADAM QUANG

Enjoy unwinding and meet the incredible yoga instructor Adam Quang. Learn about Adam 23 years teaching experience, his new book Secret Journal of a Yogi, 1000Kindness international installation art and World Karma project.

adamquang.com