



# YOGA *at the beach*

join me on the mat this summer

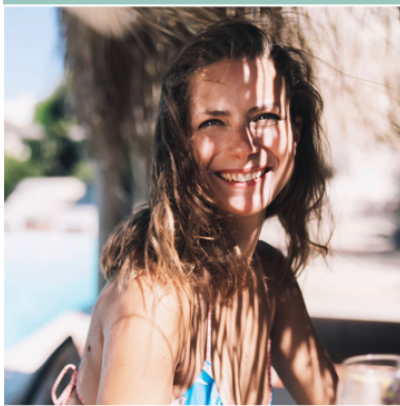
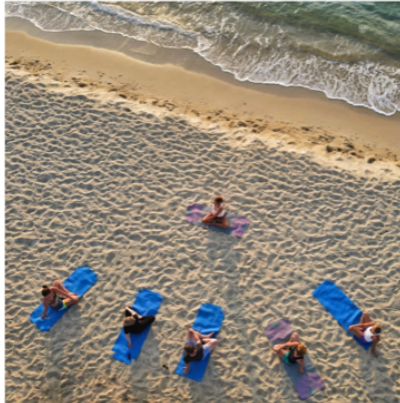
## VINYASA FLOW

Mikri Vigla at the Kite Beach

### Sunset Yoga & Morning Flow

Group & private classes  
Monday - Sunday

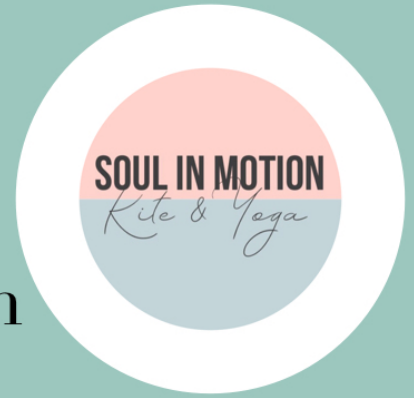




# Naxos

## Yoga at the Beach

Move with Melina



Yoga gives you power, relaxes your body, mind & soul.

Every yoga class has its unique flow of stretch, strength, balance and a general **variety of yoga poses** while moving the entire body. The yoga classes are designed for **all levels**.

Save your spot for our **group classes** or book a **private class**.

*JUNE - AUGUST*

### Sunset Yoga

Monday - Sunday  
19:00 - 20:00

*SEPTEMBER*

### Sunset Yoga

Monday - Sunday  
18:00 - 19:00

*MAY - SEPTEMBER*

### Morning Vinyasa Flow

on request  
from 07:30

### Private Yoga Class

on request  
Choose time, spot and focus

☎ Contact us to save your spot or to book your private class.

Call or text for confirmation

**+30 690 833 4 333**

📍 You can find us here

**Mikri Vigla | Kite Beach  
Naxos Island**

📷 [soulinmotion.kiteandyoga](https://www.instagram.com/soulinmotion.kiteandyoga)