



MAYFLOWER
Destination Spa

YOGA IMMERSION WITH ALLY HAMILTON
2 Days of Practice with a Master at Mayflower Destination Spa

TWO WORKSHOP SESSIONS

Wednesday, May 31 / Thursday, June 1

THE MAYFLOWER SPA INVITES YOU TO EXPERIENCE Mayflower Master Classes as we host 2 “Power-Full” Yoga Workshops with Power Yoga Master Teacher Ally Hamilton.

Ally has a unique gift for delivering Power Yoga in a way that is sensitive and encouraging. Her compassionate nature makes everyone feel welcome and comfortable and motivated to do their personal best and experience their peak performance as they are motivated to experience Yoga’s wellness philosophy and bring balance to body, mind and spirit and deliver peace and joy to everybody and to every body.



Ally began practicing yoga more than a decade ago in NYC with Dharma Mittra. Since then, she has studied with such gifted teachers as Shiva Rea and Baron Baptiste. In 2001, she moved to California and began studying with Bryan Kest and currently teaches at his studio in Santa Monica. Ally is passionate about sharing the knowledge she has obtained from today’s most highly regarded teachers, the ancient wisdom of the Yoga teachings and her own insights derived from a committed personal practice. If you would like to know more about Ally or contact her directly, please visit her website www.AllyHamilton.com.

Each workshop will include carefully guided warm-ups, challenging Yoga Asanas (postures) and invigorating Vinyasas (yoga posture flows) as well as instruction in Pranayama (breath control) and Meditation. Each workshop will deliver a complete mind-body-spirit workout with a different emphasis—arm balances will be the focus of Wednesday’s session and hip openers will be featured on Thursday.

These Mayflower Master workshops are perfect for “experienced beginners”—people who have practiced yoga and want to power up their practice. These sessions are intended to harness the desire of the student and honor where he or she is on the path. If you are longing to delve more deeply into Yoga, please join us for this unique and wonderful opportunity to discover just how powerful you are!



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