



## 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.

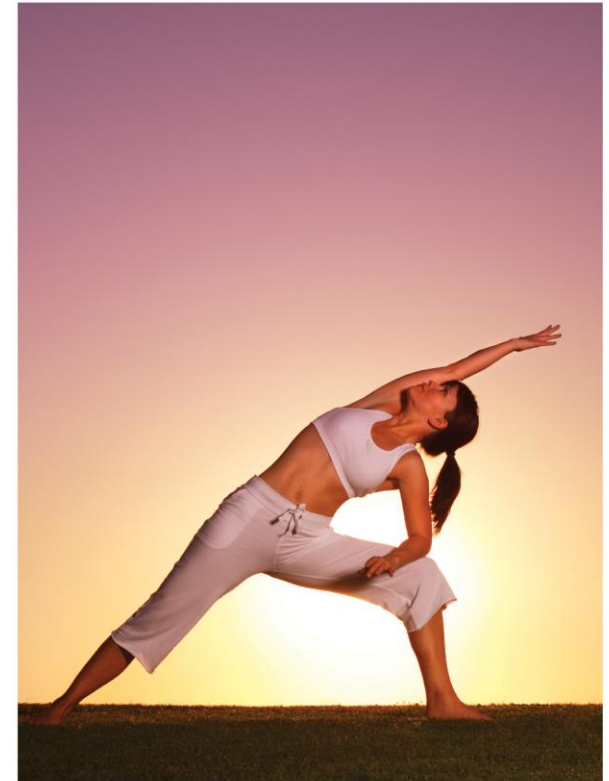
Her retreats for restoration, relaxation and renewal have been featured in Florida, Maine and Italy; and her presentations for guests and groups at the Resort have been extremely popular.



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.



### YOGA CLASS SCHEDULE

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

**January 2019**

#### TUESDAY

10:00 AM Fitness Studio

#### THURSDAY

10:00 AM Fitness Studio

#### SATURDAY

8:30 AM Yoga on the Beach

Meet at the Chickee Hut

10:00 AM Fitness Studio

All levels welcome

#### CLASS FEES

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

#### *Private Sessions*

*Yoga Meditation Reiki*

*By Appointment*

*Gift Certificates Available*

Call Spa Reception: 239.659.4304

Ginger direct: 239.248.2472

[g.lavundi@naplesbeachhotel.com](mailto:g.lavundi@naplesbeachhotel.com)

