

The Spa at Grace Vanderbilt

Summer of Wellness

Start your day breathing in the energy of our beautiful Narragansett Bay

Call to reserve your mat as space is limited



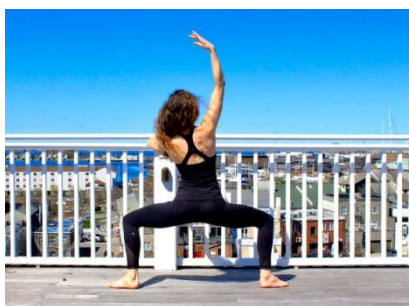
SUNDAYS 9:00am

VINYASA YOGA FLOW

Emily Lawrence brings a fun, energetic Vinyasa Yoga Flow class to the rooftop.

She likes to have fun in her classes and encourages students to play in experimenting with arm balances and coming up against a growing edge both physically and mentally.

This is an all levels class.



TUESDAYS 9:00am

ROOFTOP BARRE

Join *Meghan Rinaldi-Young*, owner of Crave Newport, for Rooftop Barre. Meg is a fitness trainer, barre instructor, professional figure skater, and health counselor.

This full body workout is designed to lengthen and tone, with a focus on legs, booty, core, back, and arms.



SATURDAYS 9:00am

INTEGRATED YOGA FLOW

Sheri Silva is a Yoga and Thai Yoga Massage instructor offering classes throughout the area.

Please join us for a guided flow class with the focus on integrating movement, breath, body and mind through a moving meditation. Exploring the deep benefits of a joyful, holistic approach to our being from a place of inner wisdom and playfulness.

This is an all levels class.