

THE ROSE ROOM

PRICING

CLASS PACKS

DROP IN	250 MXN	WEEK	800 MXN
5 CLASSES 3 MTH EXP	1000 MXN	MONTHLY	2500 MXN
10 CLASSES 6 MTH EXP	1750 MXN		
20 CLASSES 6 MTH EXP	3000 MXN	**ASK ABOUT OUR LOCAL RATE**	

MEMBERSHIPS

3 MONTHS	5400 MXN	6 MONTHS	9600 MXN
ANNUAL	16,800 MXN		

ALL OFFERINGS ARE PER PERSON, PLEASE NO SHARING

CLASS DESCRIPTIONS

VINYASA - 75ISH MINS

AN ALL LEVELS VINAYSA PRACTICE WITH THOUGHTFUL AND FLUID SEQUENCES, STANDING, SEATED, AND CHEST OPENING POSTURES ALL SUPPORTED BY THE BREATH TO HEAT THE BODY.

VINYASA II -75ISH MINS

EXPECT AN INTERMEDIATE PRACTICE WITH THOUGHTFUL AND FLUID SEQUENCES, STANDING & SEATED POSTURES, INVERSIONS AND BACK BENDING LED BY BREATH TO HEAT THE BODY. COME TO PRACTICE WITH EQUAL AMOUNTS OF HUMILITY, INTENSITY AND PLAYFULNESS.

RESTORE + EXPAND -75ISH MINS

A SWEET AND NOURISHING PRACTICE AIMED AT EXPANDING THE BODY WITH PASSIVE OPENING POSTURES. THINK RESTORATIVE YOGA LACED WITH YIN POSES.



PURCHASE IN CLASS ONLY IN MXN OR ONLINE AT [ROSEOOMYOGA.COM](https://www.roseoomyoga.com)