



elements of the island
yoga center
isla mujeres • mexico

monday	9.00 am	all levels
tuesday	9.00 am	all levels
wednesday	closed	
thursday	9.00 am	all levels
friday	9.00 am	all levels
saturday	9.00 am	all levels
sunday	9.00 am	all levels

rate: \$12 USD per person, ask for long-term rates

 we also offer:

private yoga classes • yoga-therapy sessions
intensive yoga-workshops • yoga-retreat-weeks



elements of the island
apartments-yoga-cafe isla mujeres-mexico

avenida benito Juárez 64, between lopez mateos and matamoros.
(next to hotel san jorge and plaza isla mujeres internet center)
cellph.: (044) 998 103 2586 www.elementsoftheisland.com