

From: [REDACTED]
Subject: FW: Flow, Breathe, and Relax this National Yoga Month in Aruba
Date: Thursday, September 12, 2024 8:07:30 AM
Attachments: [image002.png](#)
[image004.png](#)

Hi [REDACTED],

Please see below for our National Yoga Month pitch for Aruba Tourism Authority that was sent to 54 journalists today, 9/12.

Thanks!

[REDACTED]

[REDACTED] [REDACTED]

From: [REDACTED]
Sent: Thursday, September 12, 2024 9:03 AM
To: [REDACTED]
Subject: Flow, Breathe, and Relax this National Yoga Month in Aruba

Hi [REDACTED],

As we celebrate National Yoga Month this September, sharing some of the best opportunities for visitors to embrace their inner Yogi and experience total relaxation in Aruba. The One Happy Island offers a variety of yoga experiences - from calming beachside sessions, to dynamic Stand-Up Paddleboard Yoga on the turquoise waters of the Caribbean Sea, poolside aerial yoga and much more.

Below, I've highlighted some of the top yoga and relaxation offerings on the One Happy Island to celebrate National Yoga Month. High-res images can be found [HERE](#), and I'm happy to provide any additional information or answer any questions you may have!

Thanks!

[REDACTED]

This material is distributed by Zeno Group, Inc. on behalf of Aruba Tourism Authority. Additional information is available at the Department of Justice, Washington, DC.

+++



Beach Yoga at Bucuti



Happy Buddha Aruba



Vela Sports SUP Yoga

- [Vela Sports Aruba](#) offers visitors of the famed Palm Beach the opportunity to participate in a wellness journey designed for all skill levels. From [beach yoga](#) to [stand-up paddleboard \(SUP\) yoga](#) on the Aruban shores these classes harmonious blend of relaxation and exercise .
- [Happy Buddha Aruba](#) invites visitors to explore unexpected and intimate classes at the only hot yoga studio on island. Featuring classes such as Hot Hatha, Hot Ying Yang, and Depp stretch the offer both private and group classes.
- Nestled along the stunning Eagle Beach, [Manchebo oceanfront Spa del Sol](#) offers an intimate, a diverse schedule, including morning Vinyasa Yoga and sunset Yin Yoga, the resort hosts over a dozen complimentary weekly yoga and pilates classes.
- At [Bucuti and Tara Beach Resort](#), guests can deepen their practice and unwind with a variety of yoga offerings from traditional classes like I to Vinyasa, Hatha, Yin and Ashtanga yoga to creative experiences like full moon yoga. For those seeking a gentler practice, the resort also offers Antigravity Aerial Yoga, using hammocks to help decompress the spine or Wine Down Yoga at sunset, pairing gentle stretches with a glass of wine.
- [Hyatt Regency Aruba Resort](#) invites guests to start their day with rejuvenating yoga activities Mondays through Saturdays at 7:30 a.m. under the Big Palapa on Palm Beach. Taught by the island's premier instructors, Hyatt's classes range from energy healing on Tuesdays to Aerial Yoga on Saturdays.
- The luxurious [Ritz-Carlton Aruba](#) offers guided yoga classes on Monday, Wednesday, and Friday mornings, inviting guests to enjoy an energy infusing tranquility on their lawn, just steps from Palm beach and the famed eternity bridge.

