



**MONTEREY  
BAY MOVES**

**Wellness & Fitness**  
MONTEREY BAY

**Yoga Classes Taught**

**650+**

**Fitness Classes Taught**

**700+**

**Workshops & Retreats**

**25+**







## YOGA EXPERIENCES

### Guided Imagery & Meditation 45-60 MIN

Choice: *Body Scan, Relaxed & Refreshed, Body Awareness, Body Image Healing, Mindfulness Meditation* **\$209+**

**Add Ons :**

- Beach blanket and/or Yoga Mat
- Meditation bolster
- Electrolyte lemon water
- 10-min Stretching Session

### Yoga Class 60 MIN

Choice: *Hatha, Vinyasa, Flex+* **\$297+**

**Includes :**

- Beach blanket and/or Yoga Mat
- Yoga block
- Meditation
- Electrolyte lemon water
- Final relaxation with lavender infused eye pillow

### Sound Bath + Yoga 60 MIN

**Includes :**

- 50/50 Yoga and Sound Bath Experience **\$349+**
- Beach blanket and/or Yoga Mat
- Yoga block
- Meditation
- Electrolyte lemon water
- Final relaxation with lavender infused eye pillow

## DESCRIPTIONS

### Hatha Yoga

This practice incorporates mindful movement, spiritual and yogic philosophies, self empowerment and breath work to help strengthen your practice and improve your relationship with yourself and the world.

### Vinyasa Yoga

An alignment based practice, this class focuses on the synchronization of breath and movement, flowing through postures to the rhythm of the breath with an emphasis on postures.

### Yoga Flex+

In Yoga Flex+ , we explore dynamic and static poses with a 4-6ft wood dowel (stick) that will improve your flexibility, mobility and strength.

### Soundbath Yoga

This full body experience brings the mind and body into a deep state of rest and contemplation. Through the progression of selected meditative sounds and instruments, you will be guided into a place of restoration that encourages a profound connection within.

REQUEST A QUOTE ONLINE



## FITNESS

### Beach Circuit\*

60 MIN

Perfect for a group who needs to get their energy out before or after a long day. Expect teamwork, games and beginner-friendly exercises as well as a nice and relaxing stretching session to cool down

**\$297+**

*\*Can be offered onsite or at the beach*

### Stretch & Refresh

30-60 MIN

The 30-min class format can be done standing or sitting in a conference room for a quick boost in energy between busy meetings. Our 60-min class is perfect to relax the body and find renewed focus as we perform head to toe stretches on the mat.

**\$187+**



## YOGA BUNDLE RENTAL

Your Group Wants to Do Their Own Self Guided Retreat?  
Rent our Fleet of Yoga Equipment and Use it As Needed!

### Standard Yoga

PER PERSON/PERDAY

#### Includes :

- 1 Yoga Mat
- 1 Yoga Block

**\$12**

MINIMUM 2-DAY  
RENTAL

### Premium Yoga

#### Includes :

- 1 Yoga Mat
- 1 Yoga Block
- 1 Yoga Strap
- 1 Beach Blanket

**\$15**

20% OFF ON 3 DAY +  
RENTAL

INCLUDES:  
SANITATION  
DROP OFF  
PICK UP



[WWW.MONTEREYBAYMOVES.COM/REQUEST](http://WWW.MONTEREYBAYMOVES.COM/REQUEST)





# MONTEREY BAY MOVES

## LOCAL WOMAN-OWNED WELLNESS AT YOUR SERVICE



Elizabeth Plante  
Monterey Bay Moves Owner

**Providing turnkey fitness and wellness experiences to your door is what we do best!**

We only offer services that energize participants, deliver an inspiring experience and breed fanatical clients who couldn't imagine doing business with anyone else.

Established in Marina in 2018, Monterey Bay Moves is committed to building a positive, healthy, and strong community in the Monterey Peninsula.

## REVIEWS

*"Monterey Bay Moves is absolutely the best in providing yoga services! We hired them for a company retreat we did in Monterey and were blown away of the amazing experience they gave us. So, refreshing and relaxing for our staff. We will hire them again for any other retreat/ event. Thank you Monterey Bay Moves!"*

*Julia Garcia, Stanford Healthcare*

*"Our Resort has had a partnership in place with Elizabeth Plante and her expert instructors since 2020 providing weekend services to our guests at the Resort. We have had rave reviews and enhanced our guest experience."*

*Sanctuary Beach Resort, Marina, CA*

Monterey Bay Moves came highly recommended by another vendor of mine and boy, were they right! They were very professional, quick to respond and affordable. They provided beach yoga and stretching for our group of about 125 guests for multiple days and everyone was so excited to go that our group almost doubled the next day. I highly recommend Monterey Bay Moves!

**- JENNA MILLER, CANVAS MEETINGS**



**SUBMIT YOUR REQUEST ONLINE FOR A QUOTE:**  
**[WWW.MONTEREYBAYMOVES.COM/REQUEST](http://WWW.MONTEREYBAYMOVES.COM/REQUEST)**