

Oxygen Yoga Tours and Seminars

Week-end get-a-way with Lisa Cito

Learn to relax and be at peace with your self

Sign up for a wonderful week-end in one of the most beautiful & pristine places in the United State, Panama City Beach, Florida. Come for a retreat to relax, learn, and de-stress and enjoy.

Introductory seminar

Arrive on Friday..... Get acquainted and get together for evening yoga on the beach

Saturday.....Wakeup with yoga, classes and discussion

Afternoon.....Open for question answers and meditations

Saturday.....Meet for evening Yoga on the beach and rest

Sunday morning.....Wake-up with Yoga, classes and discussion

Depart with peace, love and breathe!

E-mail oxygenyoga@gmail.com for dates and locations