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[The Reefs Press Room](#)



The Reefs in Bermuda Adds Oceanfront Yoga, Brings Deeper Relaxation to Summer Vacation

SOUTHAMPTON, Bermuda — Tranquil and secluded pink sand beach, calm turquoise seas and attentive personal service have all made [The Reefs](#) a popular spot for relaxation. This summer, guests of Bermuda's top hotel can gain a deeper sense of relaxation and balance with complimentary oceanfront yoga classes.

The outdoor yoga classes are held every Tuesday from 6 to 7:30 p.m. on Caso's Point, a two-tier deck at the edge of The Reefs offering unobstructed views of the Atlantic Ocean. The Reefs' [oceanfront yoga classes](#) will be held throughout the summer, ending in late September. The classes and mats are provided free of charge to hotel guests.

Led by Bermuda Ashtanga expert and instructor Peter Rehmer, the weekly Essentially Easy Ashtanga Yoga classes are ideal for every yoga level including beginners. The class format is a kinder, gentler form of Ashtanga yoga. With each guided yoga pose, participants focus on their gaze and breathing to calm the mind, and bring a deeper relaxation.

The Reefs provides a completely relaxing vacation that nourishes the mind, body and spirit. Guests awake to breathtaking ocean views, which can be enjoyed from the private balcony of each of the 62 rooms and suites. Daily rates include full breakfast, afternoon tea and gourmet dinner at one of three on-site restaurants using the finest local ingredients.

[La Serena Spa](#) at The Reefs provides a full menu of custom-tailored treatments that use organic extracts and native ingredients to relax and rejuvenate the body and spirit.

The Reefs' daily rates for the summer begin at \$650 per couple. [Special offers](#) are available.

For reservations, call (800) 742-2008. More information is available at www.thereefs.com.

About The Reefs

Crowning a limestone cliff overlooking a secluded pink sand beach, The Reefs delivers a relaxing Bermuda vacation where guests feel perfectly at ease. Stunning turquoise ocean views mesmerize guests throughout the intimate property, including each of the 62 guest rooms and 19 luxurious Club Suites, the relaxation room at La Serena Spa and two of the three gourmet dining venues. This picturesque setting combined with exceptional personal service has earned The Reefs widespread recognition as one of the world's best hotels and the top hotel in Bermuda.

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