

# Breathe into summer

Meditation • Healthy Living • Alternative Medicine • Mindfulness  
16 May 2025 +3 more By Stephanie Forté • Monthly sound baths at Cactus Joe's Nursery, 12740 Blue Diamond

Summer in the desert is the perfect time to slow down, tune in and chill out. Across the valley, there are yoga, meditation and sound bath experiences to help you feel more connected to your body, breath and the moment.

## What is yoga?

Yoga means the union of breath, body and mind. Many associate yoga with asanas — physical postures like downward dog or warrior pose. But asanas are only one of yoga's eight limbs. They are designed to prepare the body to sit comfortably in meditation by releasing tension and building strength.

## Meditation, made simple

Often misunderstood as needing to “clear your mind,” meditation is about focus and presence. “There's a huge misconception that meditation is complicated and that you have to make (the mind) go blank. That's absolutely not the case,” said Paul Benedict, a Las Vegas-based yoga and meditation teacher.

Focusing on the breath or a single word during meditation can help ease anxiety and build mental clarity. “Meditation reverses our attention from outward focus to inward focus. The result is more peace and clarity of mind,” Benedict said.

## The power of sound

Sound baths deliver a deep sense of calm. Participants lie on a mat or sit while being “bathed” in healing vibrations from instruments like crystal bowls, gongs and chimes. Some describe it as a deep, dream-like state of rest.

Practicing yoga, meditation or attending a sound bath outdoors can be a reset button for your nervous system. Studies show that just two hours in nature per week can reduce cortisol (a stress hormone), boost focus and lift your mood. If you want those benefits sans sunscreen, there are plenty of indoor experiences.



Lee Canyon Mountainside Yoga at Lee Canyon is a one-hour vinyasa and meditation class set in a peaceful aspen grove in the Spring Mountains. Days and times at leecanyonlv.com.

## Ongoing summer classes

• Fitness on the Lawn, Downtown Summerlin, Tuesdays at 7 p.m.

This free series rotates between vinyasa, yin, meditation and

breath work led by teachers from Tru Fusion. (Some weeks, fitness classes are also offered.) Check Tru Fusion's socials for updates on

special full-moon yoga and meditation experiences.

• Mountainside Yoga at Lee Canyon,

6725 Lee Canyon Road, free.

Lee Canyon  
Mountainside  
Yoga at Lee Canyon is a

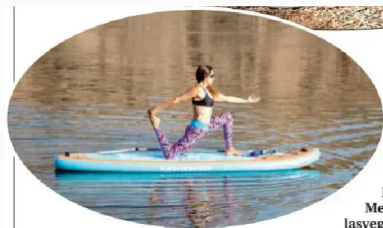
• Mountainside Yoga at Lee Canyon,  
6725 Lee Canyon Road, free.

A one-hour vinyasa and meditation class set in a peaceful aspen grove in the Spring Mountains. It's the ultimate summer reset since Lee Canyon's base area is at 8,770 feet and is up to 30 degrees cooler than the valley. Afterward, enjoy a scenic chairlift ride or relax with lunch on the deck of Hillside Lodge. Register early to reserve a spot. Days and times at [leecanyonlv.com](http://leecanyonlv.com).

Road, first Saturdays, 9:30 a.m., \$15 suggested donation. Surrounded by desert beauty, these monthly outdoor sessions offer deep rest and healing through sound.

• Yoga at Container Park, Downtown Las Vegas, 707 Fremont St., Saturdays, second Sundays, 8:45–10 a.m., Mondays, 8–9 p.m., \$15 per class

This vibrant outdoor space, located in the heart of downtown,



**Stand-up paddleboard yoga involves taking traditional yoga poses onto the water. It is held at Lake Las Vegas and Lake Mead. For more information, visit [lasvegaspaddleboard.com](http://lasvegaspaddleboard.com).**

welcomes people of all ages and levels. Weekend classes include Ashtanga-style flow, breath work and meditation. On Monday nights, enjoy a vinyasa session under the stars.

• Reggae Yoga at Rhythm Nation Dance & Fitness Studio, 3280 E Tropicana Ave., Saturdays, 12:30–1:30 p.m., \$20

This one-hour, all-levels class blends vinyasa yoga with Jamaican dance, set to the rhythms of reggae. Created by local yoga teacher Ayana Onuora, who hails from Jamaica, it's family-friendly and open to kids 5+. No dance experience is needed, [rnlvdance.com](http://rnlvdance.com).

## Special events

• Outdoor Full Moon Sound Bath, Cactus Joe's Nursery, June 13, 7:30–8:30 p.m., \$40.

Relax under the stars while supporting native plant restoration efforts in Red Rock Canyon. Proceeds benefit Friends of Red Rock's seed grow-out project.

• Indoor Summer Solstice Sound Bath at Yoga Sanctuary, 7915 W. Sahara Ave., Suite 101, June 21, 3:30–5 p.m., \$40.

Celebrate the longest day of the year with breath work, intention setting and sound healing led by Jaime Petersonayoub. The studio also offers monthly full moon sound bath experiences for \$30. Visit [lasvegasyoga.com](http://lasvegasyoga.com) for details.

• Outdoor Full Moon Yoga, Green Valley Ranch, 2300 Paseo Verde Parkway, Henderson, May 15, June 12, 7–8 p.m., free.

This poolside event includes yoga, meditation and a calming sound bath. Bring your mat and towel and prepare for a peaceful evening under the stars. For more dates, visit [greenvalleyranch.com](http://greenvalleyranch.com).

• SUP yoga, Lake Las Vegas, 20 Costa Di Lago, Suite 130, Henderson.

Stand-up paddleboard or SUP yoga involves taking traditional yoga poses onto the water. Balancing on a paddleboard engages core muscle and demands focus, while the natural surroundings create a calming, meditative experience. Options include instruction, board, paddle, and one hour of paddling after class.

And all-levels flow classes that require a five-person minimum, so grab your family or friends. Book online and receive a full refund if you show up. It's their way of keeping you accountable. It's \$45 per person to book, [lasvegaspaddleboard.com](http://lasvegaspaddleboard.com).

• SUP yoga, Lake Mead and Wil-

low

Beach

This 1½-hour private yoga class is geared for yogis of all levels. Beginners may practice near the shoreline, while more advanced practitioners can opt for deeper waters. A two-person minimum is required, \$79 per person, [lasvegaspaddleboard.com](http://lasvegaspaddleboard.com).

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