

HOTELS

Vik Retreats Is Hosting Online Yoga Classes

by [Benedict Carrizzo](#)
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Yoga at The Shack Yoga and Wellness at Bahia Vik in José Ignacio, Uruguay // Photo by Vik Retreats

Vik Retreats in José Ignacio, Uruguay is offering a series of virtual yoga classes for those at home. Lead by **Isabella Channing**, owner of **The Shack Yoga and Wellness at Bahia Vik**, a studio attended by both locals and visitors alike, classes are 9 a.m. EST on [@theshackyyoga](#) Instagram live.

The first class, conducted on Friday, March 20th at 10:00 AM EST was a Vinyasa flow class that focused on drawing inward to support physical health and to foster mental and emotional serenity.

The Shack Yoga and Wellness at Bahia Vik located just steps away from Bahia Vik, is a new wellness and spa experience. **Alex** and **Carrie Vik** collaborated with Isabella Channing to bring the concept to fruition. Shack Yoga and Wellness at Bahia Vik, conceived as a refuge of well-being, includes a yoga studio, fitness center, personal training, one-off retreats and workshops, a spa, steam and sauna facilities, and a cold-pressed juice and tea bar. The spa's team of therapists offer a range of personalized treatments and therapies. Visitors will experience an array of fitness classes such as yoga, Pilates, dance, meditation, and more.

Vik Retreats is comprised of Estancia Vik José Ignacio, **Playa Vik José Ignacio**, and **Bahia Vik José Ignacio** in Uruguay, and **Vik Chile**, **Puro Vik** and the **Winery at VIK in Millahue**, Chile, as well **Galleria Vik Milano** in **Italy**.