



FITNESS: DECEMBER 1-7

MONDAY, DECEMBER 1


8:15am: Cardio Combo

Jumpstart your day with 30 minutes of high-energy cardio and strength moves. The variety of exercises will challenge your current fitness level and keep you on track while away from home. Complimentary • Woodlands Spa 


10am: Studio 84 Yoga

In this mid-morning cup of Zen, link breath and movement while strengthening the mind, body, and spirit in an 84-degree studio. Great for all levels. \$20 per person • Woodlands Spa 


11:30am: Restorative Yoga & Sound Bath

This gentle, all-levels restorative yoga session will guide you through supported poses that encourage deep relaxation and release. As you settle into stillness, you'll be immersed in a therapeutic sound bath featuring crystal singing bowls, chimes, and other healing instruments, creating a rich sonic landscape to soothe your nervous system and quiet your mind. \$50 per person Woodlands Spa 

1pm: Sound Bath Meditation

Enjoy being "bathed" in frequencies using a variety of techniques and specially tuned instruments, bringing the body and mind back into harmonic resonance. \$50 per person • Woodlands Spa 

3pm: Chakra-Balancing Sound Journey

This chakra-balancing sound journey starts with a guided meditation utilizing specially tuned tuning forks to facilitate the release and flow of blocked energy, assisting the body to heal itself on all levels. To finish, a variety of healing frequency instruments will be played to further enhance the experience, helping to balance the nervous system, reduce stress, and increase energy. \$50 per person • Woodlands Spa 


TUESDAY, DECEMBER 2

8am: Vinyasa Krama


Begin your day with energy and intention in this flowing vinyasa practice that links breath with movement to awaken the body, clear the mind, and cultivate focus for the day ahead. Expect a balanced sequence of gentle stretches, dynamic postures, and mindful breathwork designed to build strength, flexibility, and presence before the world fully wakes up. Suitable for all levels.

Complimentary • Woodlands Spa 


9am: Tabata Tone

Build strength and boost your metabolism with this strength-focused interval training class. Using a 40-second on, 20-second off format, you'll move through dumbbell-based exercises that keep your heart rate in the fat-burning zone while sculpting lean muscle. Expect a balanced mix of strength and cardio intervals that leave you feeling strong, energized, and toned. Perfect for all levels, with modifications available. \$20 per person • Woodlands Spa 


11am: Core-Based Yoga Flow

A vinyasa flow from the LYT method. Reestablish posture balance! Increase your energy, ignite your body and mind with this spirited practice for all levels. \$20 per person • Woodlands Spa 

12:15pm: Tabata Burn


Turn up the intensity with the high-energy sister class to Tabata Tone. In this 50-second on, 10-second off format, the emphasis shifts to cardio intervals that push you into peak heart rate zones for maximum calorie burn and endurance. With light dumbbells adding an extra challenge, you'll train speed, agility, and stamina while powering through sweaty, heart-pumping sets. A fiery complement to Tabata Tone that leaves you breathless, boosted, and unstoppable. \$20 per person • Woodlands Spa 

3:30pm: Sunset Vinyasa

Unwind and reset at the end of your day with a calming vinyasa flow. This class blends gentle, mindful movement with steady breath to release tension, restore balance, and quiet the mind. Expect slower transitions, grounding postures, and soothing stretches that prepare the body for deep rest and relaxation. Suitable for all levels. Complimentary • Woodlands Spa 

WEDNESDAY, DECEMBER 3

8:15am: Cardio Combo

Jumpstart your day with 30 minutes of high-energy cardio and strength moves. The variety of exercises will challenge your current fitness level and keep you on track while away from home. Complimentary • Woodlands Spa 

10am: Studio 84 Yoga


See December 1 • \$20 per person • Woodlands Spa 

THURSDAY, DECEMBER 4


8am: Vinyasa Krama

See December 2 • Complimentary • Woodlands Spa 

9am: Tabata Burn

See December 2 • \$20 per person • Woodlands Spa 

12pm: Tabata Tone


See December 2 • \$20 per person • Woodlands Spa 

4pm: Sunset Vinyasa


See December 2 • Complimentary • Woodlands Spa 

FRIDAY, DECEMBER 5


8:15am: Intro to Pilates Mat

Engage in 30 minutes of of strengthening the powerhouse for better posture, a stronger core, and increased body awareness. Complimentary Woodlands Spa 

10am: Yoga Sculpt


A steady pace of movement! Move into next-level sequences that will increase heart rate and strengthen inside and out. An intermediate fitness level is helpful as the pace and shapes are fitness-based. \$20 per person • Woodlands Spa 

2pm: Pure Strength


Experience a 30-minute, total body workout, efficient for all travelers, with toning, strengthening goals, planks, pushups, squats, and more of your favorites. Complimentary • Woodlands Spa 

SATURDAY, DECEMBER 6

8:15am: Yoga Express

Jump start your day with a 30-minute vinyasa flow. Set the intention of self-awareness for the rest of your day! All levels welcome. Complimentary Woodlands Spa 

10am: Studio 84 Yoga

See December 1 • \$20 per person • Woodlands Spa 

SUNDAY, DECEMBER 7

10am: Yoga Sculpt

See December 5 • \$20 per person • Woodlands Spa 

FITNESS: DECEMBER 8-14

MONDAY, DECEMBER 8

11:30am: Restorative Yoga & Sound Bath

This gentle, all-levels restorative yoga session will guide you through supported poses that encourage deep relaxation and release. As you settle into stillness, you'll be immersed in a therapeutic sound bath featuring crystal singing bowls, chimes, and other healing instruments, creating a rich sonic landscape to soothe your nervous system and quiet your mind. \$50 per person • Woodlands Spa ☑

1pm: Sound Bath Meditation

Enjoy being "bathed" in frequencies using a variety of techniques and specially tuned instruments, bringing the body and mind back into harmonic resonance. \$50 per person • Woodlands Spa ☑

3pm: Chakra-Balancing Sound Journey

This chakra-balancing sound journey starts with a guided meditation utilizing specially tuned tuning forks to facilitate the release and flow of blocked energy, assisting the body to heal itself on all levels. To finish, a variety of healing frequency instruments will be played to further enhance the experience, helping to balance the nervous system, reduce stress, and increase energy. \$50 per person • Woodlands Spa ☑

TUESDAY, DECEMBER 9

8am: Vinyasa Krama

Begin your day with energy and intention in this flowing vinyasa practice that links breath with movement to awaken the body, clear the mind, and cultivate focus for the day ahead. Expect a balanced sequence of gentle stretches, dynamic postures, and mindful breathwork designed to build strength, flexibility, and presence before the world fully wakes up. Suitable for all levels. Complimentary • Woodlands Spa ☑

9am: Tabata Tone

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WEDNESDAY, DECEMBER 10

10am: Core-Based Yoga Flow

See December 9 • \$20 per person • Woodlands Spa ☑

THURSDAY, DECEMBER 11

8am: Vinyasa Krama

See December 9 • Complimentary • Woodlands Spa ☑

9am: Tabata Burn

See December 9 • \$20 per person • Woodlands Spa ☑

12pm: Tabata Tone

See December 9 • \$20 per person • Woodlands Spa ☑

4pm: Sunset Vinyasa

See December 9 • Complimentary • Woodlands Spa ☑

FRIDAY, DECEMBER 12

10am: Yoga Sculpt

A steady pace of movement! Move into next-level sequences that will increase heart rate and strengthen inside and out. An intermediate fitness level is helpful as the pace and shapes are fitness-based. \$20 per person • Woodlands Spa ☑

SATURDAY, DECEMBER 13

8:15am: Yoga Express

Jump start your day with a 30-minute vinyasa flow. Set the intention of self-awareness for the rest of your day! All levels welcome. Complimentary Woodlands Spa ☑

10am: Core-Based Yoga Flow

See December 9 • \$20 per person • Woodlands Spa R

SUNDAY, DECEMBER 14

7am: Vinyasa Krama

See December 9 • Complimentary • Woodlands Spa ☑

10am: Yoga Sculpt

See December 5 • \$20 per person • Woodlands Spa ☑

5:30pm: Sunset Yin & Restorative Yoga

Close out the day with deep relaxation and gentle renewal. This restorative yin practice uses long-held, supported postures to release tension in the body and create space in both muscles and mind. With a focus on stillness, breath, and mindful presence, this class encourages grounding and balance, helping you reset and prepare for the week ahead. Perfect for all levels, especially those seeking rest and restoration. Complimentary • Woodlands Spa ☑

☑ RESERVATIONS ARE REQUIRED FOR ALL CLASSES, UNLESS NOTED OTHERWISE.

PRIVATE OR CUSTOMIZED SESSIONS ARE ALSO AVAILABLE FOR GUESTS AND MEMBERS. MOST CLASSES HAVE 5-10 PARTICIPANTS.

FITNESS: DECEMBER 15-21

MONDAY, DECEMBER 15

10am: Core-Based Yoga Flow

A vinyasa flow from the LYT method. Reestablish posture balance! Increase your energy, ignite your body and mind with this spirited practice for all levels. \$20 per person • Woodlands Spa ☑

TUESDAY, DECEMBER 16

8am: Vinyasa Krama

Begin your day with energy and intention in this flowing vinyasa practice that links breath with movement to awaken the body, clear the mind, and cultivate focus for the day ahead. Expect a balanced sequence of gentle stretches, dynamic postures, and mindful breathwork designed to build strength, flexibility, and presence before the world fully wakes up. Suitable for all levels. Complimentary • Woodlands Spa ☑

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A vinyasa flow from the LYT method. Reestablish posture balance! Increase your energy, ignite your body and mind with this spirited practice for all levels. \$20 per person • Woodlands Spa ☑

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4pm: Sunset Vinyasa

Unwind and reset at the end of your day with a calming vinyasa flow. This class blends gentle, mindful movement with steady breath to release tension, restore balance, and quiet the mind. Expect slower transitions, grounding postures, and soothing stretches that prepare the body for deep rest and relaxation. Suitable for all levels. Complimentary • Woodlands Spa ☑

WEDNESDAY, DECEMBER 17

10am: Core-Based Yoga Flow

See December 15 • \$20 per person • Woodlands Spa ☑

5:30pm: Sunset Yin & Restorative Yoga

Close out the day with deep relaxation and gentle renewal. This restorative yin practice uses long-held, supported postures to release tension in the body and create space in both muscles and mind. With a focus on stillness, breath, and mindful presence, this class encourages grounding and balance, helping you reset and prepare for the week ahead. Perfect for all levels, especially those seeking rest and restoration. Complimentary • Woodlands Spa ☑

THURSDAY, DECEMBER 18

8am: Vinyasa Krama

See December 16 • Complimentary • Woodlands Spa ☑

9am: Tabata Burn

See December 16 • \$20 per person • Woodlands Spa ☑

12pm: Tabata Tone

See December 16 • \$20 per person • Woodlands Spa ☑

4pm: Sunset Vinyasa

Unwind and reset at the end of your day with a calming vinyasa flow. This class blends gentle, mindful movement with steady breath to release tension, restore balance, and quiet the mind. Expect slower transitions, grounding postures, and soothing stretches that prepare the body for deep rest and relaxation. Suitable for all levels. Complimentary • Woodlands Spa ☑

FRIDAY, DECEMBER 19

8:15am: Intro to Pilates Mat

Engage in 30 minutes of of strengthening the powerhouse for better posture, a stronger core, and increased body awareness. Complimentary Woodlands Spa ☑

10am: Yoga Sculpt

A steady pace of movement! Move into next-level sequences that will increase heart rate and strengthen inside and out. An intermediate fitness level is helpful as the pace and shapes are fitness-based. \$20 per person • Woodlands Spa ☑

2pm: Pure Strength

Experience a 30-minute, total body workout, efficient for all travelers, with toning, strengthening goals, planks, pushups, squats, and more of your favorites. Complimentary • Woodlands Spa ☑

SATURDAY, DECEMBER 20

8:15am: Yoga Express

Jump start your day with a 30-minute vinyasa flow. Set the intention of self-awareness for the rest of your day! All levels welcome. Complimentary • Woodlands Spa ☑

10am: Studio 84 Yoga

In this mid-morning cup of Zen, link breath and movement while strengthening the mind, body, and spirit in an 84-degree studio. Great for all levels. \$20 per person • Woodlands Spa ☑

11:15am: Tabata Tone

See December 16 • \$20 per person • Woodlands Spa ☑

12pm: Indoor Paddle Board Yoga

For the best kind of afternoon pick-me-up, join in for a playful 45-minute practice on top of the sparkling and warm pool water. All levels welcome, and a current yoga practice is helpful but not necessary. \$60 per person, limit 2 Woodlands Spa Pool ☑

12:30pm: Tabata Burn

See December 16 • \$20 per person • Woodlands Spa ☑

4pm: Sunset Yin & Restorative Yoga

See December 18 • Complimentary • Woodlands Spa ☑

SUNDAY, DECEMBER 21

7am: Vinyasa Krama

See December 16 • Complimentary • Woodlands Spa ☑


4pm: Sunset Yin & Restorative Yoga

See December 18 • Complimentary • Woodlands Spa ☑


FITNESS: DECEMBER 22-28

MONDAY, DECEMBER 22


8:15am: Cardio Combo

Jumpstart your day with 30 minutes of high-energy cardio and strength moves. The variety of exercises will challenge your current fitness level and keep you on track while away from home. Complimentary • Woodlands Spa 


10am: Studio 84 Yoga

In this mid-morning cup of Zen, link breath and movement while strengthening the mind, body, and spirit in an 84-degree studio. Great for all levels. \$20 per person Woodlands Spa 


11:30am: Restorative Yoga & Sound Bath

This gentle, all-levels restorative yoga session will guide you through supported poses that encourage deep relaxation and release. As you settle into stillness, you'll be immersed in a therapeutic sound bath featuring crystal singing bowls, chimes, and other healing instruments, creating a rich sonic landscape to soothe your nervous system and quiet your mind. \$50 per person Woodlands Spa 

1pm: Sound Bath Meditation


Enjoy being "bathed" in frequencies using a variety of techniques and specially tuned instruments, bringing the body and mind back into harmonic resonance. \$50 per person • Woodlands Spa 

3pm: Chakra-Balancing Sound Journey


This chakra-balancing sound journey starts with a guided meditation utilizing specially tuned tuning forks to facilitate the release and flow of blocked energy, assisting the body to heal itself on all levels. To finish, a variety of healing frequency instruments will be played to further enhance the experience, helping to balance the nervous system, reduce stress, and increase energy. \$50 per person Woodlands Spa 

TUESDAY, DECEMBER 23


8am: Vinyasa Krama

Begin your day with energy and intention in this flowing vinyasa practice that links breath with movement to awaken the body, clear the mind, and cultivate focus for the day ahead. Expect a balanced sequence of gentle stretches, dynamic postures, and mindful breathwork designed to build strength, flexibility, and presence before the world fully wakes up. Suitable for all levels. Complimentary • Woodlands Spa 


9am: Tabata Tone

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11am: Core-Based Yoga Flow

A vinyasa flow from the LYT method. Reestablish posture balance! Increase your energy, ignite your body and mind with this spirited practice for all levels. \$20 per person Woodlands Spa 

12:15pm: Tabata Burn

Turn up the intensity with the high-energy sister class to Tabata Tone. In this 50-second on, 10-second off format, the emphasis shifts to cardio intervals that push you into peak heart rate zones for maximum calorie burn and endurance. With light dumbbells adding an extra challenge, you'll train speed, agility, and stamina while powering through sweaty, heart-pumping sets. A fiery complement to Tabata Tone that leaves you breathless, boosted, and unstoppable. \$20 per person • Woodlands Spa 

4pm: Sunset Vinyasa

Unwind and reset at the end of your day with a calming vinyasa flow. This class blends gentle, mindful movement with steady breath to release tension, restore balance, and quiet the mind. Expect slower transitions, grounding postures, and soothing stretches that prepare the body for deep rest and relaxation. Suitable for all levels. Complimentary • Woodlands Spa 

WEDNESDAY, DECEMBER 24

8:15am: Cardio Combo

See December 22 • Complimentary • Woodlands Spa 

10am: Studio 84 Yoga


See December 22 • \$20 per person • Woodlands Spa 

THURSDAY, DECEMBER 25

No Classes


FRIDAY, DECEMBER 26

10am: Yoga Sculpt

A steady pace of movement! Move into next-level sequences that will increase heart rate and strengthen inside and out. An intermediate fitness level is helpful as the pace and shapes are fitness-based. \$20 per person Woodlands Spa 

SATURDAY, DECEMBER 27


8:15am: Yoga Express

Jump start your day with a 30-minute vinyasa flow. Set the intention of self-awareness for the rest of your day! All levels welcome. Complimentary Woodlands Spa 

10am: Studio 84 Yoga


See December 22 • \$20 per person • Woodlands Spa 

12pm: Indoor Paddle Board Yoga

For the best kind of afternoon pick-me-up, join in for a playful 45-minute practice on top of the sparkling and warm pool water. All levels welcome, and a current yoga practice is helpful but not necessary. \$60 per person, limit 2 Woodlands Spa Pool 

SUNDAY, DECEMBER 28

8:15am: Intro to Pilates Mat

Engage in 30 minutes of of strengthening the powerhouse for better posture, a stronger core, and increased body awareness. Complimentary Woodlands Spa 

10am: Yoga Sculpt

See December 26 • \$20 per person • Woodlands Spa 


 RESERVATIONS ARE REQUIRED FOR ALL CLASSES, UNLESS NOTED OTHERWISE.

PRIVATE OR CUSTOMIZED SESSIONS ARE ALSO AVAILABLE FOR GUESTS AND MEMBERS. MOST CLASSES HAVE 5-10 PARTICIPANTS.


FITNESS: DECEMBER 29-JANUARY 4

MONDAY, DECEMBER 29


8:15am: Cardio Combo

Jumpstart your day with 30 minutes of high-energy cardio and strength moves. The variety of exercises will challenge your current fitness level and keep you on track while away from home. Complimentary • Woodlands Spa 


10am: Studio 84 Yoga

In this mid-morning cup of Zen, link breath and movement while strengthening the mind, body, and spirit in an 84-degree studio. Great for all levels. \$20 per person Woodlands Spa 


11:30am: Restorative Yoga & Sound Bath

This gentle, all-levels restorative yoga session will guide you through supported poses that encourage deep relaxation and release. As you settle into stillness, you'll be immersed in a therapeutic sound bath featuring crystal singing bowls, chimes, and other healing instruments, creating a rich sonic landscape to soothe your nervous system and quiet your mind. \$50 per person Woodlands Spa 

1pm: Sound Bath Meditation


Enjoy being "bathed" in frequencies using a variety of techniques and specially tuned instruments, bringing the body and mind back into harmonic resonance. \$50 per person • Woodlands Spa 

3pm: Chakra-Balancing Sound Journey


This chakra-balancing sound journey starts with a guided meditation utilizing specially tuned tuning forks to facilitate the release and flow of blocked energy, assisting the body to heal itself on all levels. To finish, a variety of healing frequency instruments will be played to further enhance the experience, helping to balance the nervous system, reduce stress, and increase energy. \$50 per person Woodlands Spa 

TUESDAY, DECEMBER 30


8am: Vinyasa Krama

Begin your day with energy and intention in this flowing vinyasa practice that links breath with movement to awaken the body, clear the mind, and cultivate focus for the day ahead. Expect a balanced sequence of gentle stretches, dynamic postures, and mindful breathwork designed to build strength, flexibility, and presence before the world fully wakes up. Suitable for all levels. Complimentary • Woodlands Spa 


9am: Tabata Tone

Build strength and boost your metabolism with this strength-focused interval training class. Using a 40-second on, 20-second off format, you'll move through dumbbell-based exercises that keep your heart rate in the fat-burning zone while sculpting lean muscle. Expect a balanced mix of strength and cardio intervals that leave you feeling strong, energized, and toned. Perfect for all levels, with modifications available. \$20 per person • Woodlands Spa 


11am: Core-Based Yoga Flow

A vinyasa flow from the LYT method. Reestablish posture balance! Increase your energy, ignite your body and mind with this spirited practice for all levels. \$20 per person Woodlands Spa 

12:15pm: Tabata Burn


Turn up the intensity with the high-energy sister class to Tabata Tone. In this 50-second on, 10-second off format, the emphasis shifts to cardio intervals that push you into peak heart rate zones for maximum calorie burn and endurance. With light dumbbells adding an extra challenge, you'll train speed, agility, and stamina while powering through sweaty, heart-pumping sets. A fiery complement to Tabata Tone that leaves you breathless, boosted, and unstoppable. \$20 per person • Woodlands Spa 

4pm: Sunset Vinyasa

Unwind and reset at the end of your day with a calming vinyasa flow. This class blends gentle, mindful movement with steady breath to release tension, restore balance, and quiet the mind. Expect slower transitions, grounding postures, and soothing stretches that prepare the body for deep rest and relaxation. Suitable for all levels. Complimentary • Woodlands Spa 

WEDNESDAY, DECEMBER 31

8:15am: Cardio Combo

See December 29 • Complimentary • Woodlands Spa 

10am: Studio 84 Yoga


See December 29 • \$20 per person • Woodlands Spa 

THURSDAY, JANUARY 1


8am: Vinyasa Krama

See December 30 • Complimentary • Woodlands Spa 

9am: Tabata Burn

See December 30 • \$20 per person • Woodlands Spa 

12pm: Tabata Tone


See December 30 • \$20 per person • Woodlands Spa 

5pm: Sunset Vinyasa


See December 30 • Complimentary • Woodlands Spa 

FRIDAY, JANUARY 2


8:15am: Intro to Pilates Mat

Engage in 30 minutes of of strengthening the powerhouse for better posture, a stronger core, and increased body awareness. Complimentary Woodlands Spa 

10am: Yoga Sculpt


A steady pace of movement! Move into next-level sequences that will increase heart rate and strengthen inside and out. An intermediate fitness level is helpful as the pace and shapes are fitness-based. \$20 per person Woodlands Spa 

2pm: Pure Strength

Experience a 30-minute, total body workout, efficient for all travelers, with toning, strengthening goals, planks, pushups, squats, and more of your favorites. Complimentary • Woodlands Spa 

SATURDAY, JANUARY 3

8:15am: Yoga Express

Jump start your day with a 30-minute vinyasa flow. Set the intention of self-awareness for the rest of your day! All levels welcome. Complimentary • Woodlands Spa 


10am: Studio 84 Yoga

See December 29 • \$20 per person • Woodlands Spa 

11:15am: Tabata Tone

See December 30 • \$20 per person • Woodlands Spa 


12pm: Indoor Paddle Board Yoga

For the best kind of afternoon pick-me-up, join in for a playful 45-minute practice on top of the sparkling and warm pool water. All levels welcome, and a current yoga practice is helpful but not necessary. \$60 per person, limit 2 Woodlands Spa Pool 

12:30pm: Tabata Burn

See December 30 • \$20 per person • Woodlands Spa 

4pm: Vinyasa Krama


See December 30 • Complimentary • Woodlands Spa 

SUNDAY, JANUARY 4

7am: Vinyasa Krama

See December 30 • Complimentary • Woodlands Spa 

5:30pm: Sunset Yin & Restorative Yoga

Close out the day with deep relaxation and gentle renewal. This restorative yin practice uses long-held, supported postures to release tension in the body and create space in both muscles and mind. With a focus on stillness, breath, and mindful presence, this class encourages grounding and balance, helping you reset and prepare for the week ahead. Perfect for all levels, especially those seeking rest and restoration. Complimentary • Woodlands Spa 

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SPIRITUAL WELLNESS: DECEMBER 1-7

TUESDAY, DECEMBER 2

12pm: Yogic Dance to Celebrate Life

Get to know your true self, which is playful, blissful, and fearless, in this one-hour yogic movement class! Improve the health of your spine, increase your lung capacity, and lift your smile as you sway and glide through the air with a sense of lightness and joy! ***Please arrive for class on a semi-empty stomach, and dress in loose clothing.** \$25 per person Reflections ☑

1pm: Yoga Nidra From India

Within the most profound state of relaxation, your deepest concentration levels will arise as you travel through the dream-like experience of ancient yoga nidra from India. While lying on your back with eyes closed, you'll be verbally guided through a blissful process to perfect your overall wellbeing and balance. Yoga nidra reprograms your entire neurological system and also releases stress from the deepest subtle layers of your physical body. Lie down, get comfortable, and float through this one-hour healing session! **This class is especially beneficial for those with anxiety, stress, insomnia, nervous disorders, and heart conditions.** \$20 per person • Reflections ☑

2pm: Breathe Easy

A one-hour breathwork class to open and purify your energy channels, free your system from stress, and relax your mind! You will learn and practice three pranayama techniques from ancient India, including bhrumari, kapalabhati, and anuloma viloma. You will feel completely refreshed and spectacular after this deep massage of the subtle energies within your body! Complimentary • Reflections ☑

3pm: Concentration & Focus

Leaving the house without your wallet and phone? Forgetting your to-do list? Can't maintain focus during your workout? This class will help! Sharpen your mind through meditative practices and breathing exercises that will improve your memory and cognitive clarity. This session is great for athletes, high-stress lifestyles, and the elderly. Complimentary • Reflections ☑

4pm: Teaching: Intro to Ayurveda

The "science of life" and the sister science of yoga, Ayurveda has been practiced in India for thousands of years and still works in a state of perfection. Toss out all of your fad diets and magazine trends, and learn how to eat, sleep, and exercise according to your specific bodily constitution, based on the dominant element of your body. ***Note-taking materials will be provided.** \$30 per person • Reflections ☑

THURSDAY, DECEMBER 4

12pm: Concentration & Focus

See December 2 • Complimentary • Reflections ☑

1pm: Breathe Easy

See December 2 • Complimentary • Reflections ☑

2pm: Yoga Nidra From India

See December 2 • \$20 per person • Reflections ☑

3pm: Teaching: Intro to Ayurveda

See December 2 • \$30 per person • Reflections ☑

4pm: Classical Yoga for Couples

As your mental well-being, emotional health, and energies become balanced, your relationship will glow! This one-hour practice of yogasana (poses), pranayama (energy movement), and mantra establishes a foundation from which you can maintain a daily home practice together without an app or yoga studio! Encourage, rouse, and inspire your romance by bringing your smile and your partner to this beautiful practice class! ***Please refrain from ingesting caffeine for four hours prior to class. This class is contraindicated for pregnant women, and those with heart issues.** \$40 per person • Reflections ☑

SUNDAY, DECEMBER 7

12pm: Classical Yoga for Couples

See December 4 • \$40 per person • Reflections ☑

1pm: Teaching: Intro to Ayurveda

See December 2 • \$30 per person • Reflections ☑

2pm: A Taste of Enlightenment

A class for the brave and adventuresome! Let go of any preconceptions about the words "yoga" and "meditation," and step into a surprising world of ancient techniques that will forever change the course of your life! Learn how the entire system of unnecessary mental stress and suffering can collapse in a single moment, through proper understanding of the nature of reality. Complimentary • Reflections ☑

3pm: Yoga Nidra From India

See December 2 • \$20 per person • Reflections ☑

4pm: Breathe Easy

See December 2 • Complimentary • Reflections ☑

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SPIRITUAL WELLNESS: DECEMBER 8-14

TUESDAY, DECEMBER 9

12pm: Yogic Dance to Celebrate Life

Get to know your true self, which is playful, blissful, and fearless, in this one-hour yogic movement class! Improve the health of your spine, increase your lung capacity, and lift your smile as you sway and glide through the air with a sense of lightness and joy!

***Please arrive for class on a semi-empty stomach, and dress in loose clothing.** \$25 per person
Malachite ☐

1pm: Yoga Nidra From India

Within the most profound state of relaxation, your deepest concentration levels will arise as you travel through the dream-like experience of ancient yoga nidra from India. While lying on your back with eyes closed, you'll be verbally guided through a blissful process to perfect your overall wellbeing and balance. Yoga nidra reprograms your entire neurological system and also releases stress from the deepest subtle layers of your physical body. Lie down, get comfortable, and float through this one-hour healing session! **This class is especially beneficial for those with anxiety, stress, insomnia, nervous disorders, and heart conditions.** \$20 per person • Malachite ☐

2pm: Breathe Easy

A one-hour breathwork class to open and purify your energy channels, free your system from stress, and relax your mind! You will learn and practice three pranayama techniques from ancient India, including bhrumari, kapalabhati, and anuloma viloma. You will feel completely refreshed and spectacular after this deep massage of the subtle energies within your body! Complimentary • Malachite ☐

3pm: Concentration & Focus

Leaving the house without your wallet and phone? Forgetting your to-do list? Can't maintain focus during your workout? This class will help! Sharpen your mind through meditative practices and breathing exercises that will improve your memory and cognitive clarity. This session is great for athletes, high-stress lifestyles, and the elderly. Complimentary • Malachite ☐

4pm: Teaching: Intro to Ayurveda

The "science of life" and the sister science of yoga, Ayurveda has been practiced in India for thousands of years and still works in a state of perfection. Toss out all of your fad diets and magazine trends, and learn how to eat, sleep, and exercise according to your specific bodily constitution, based on the dominant element of your body. ***Note-taking materials will be provided.** \$30 per person • Malachite ☐

THURSDAY, DECEMBER 11

12pm: Concentration & Focus

See December 9 • Complimentary • Malachite ☐

1pm: Breathe Easy

See December 9 • Complimentary • Malachite ☐

2pm: Yoga Nidra From India

See December 9 • \$20 per person • Malachite ☐

3pm: Teaching: Intro to Ayurveda

See December 9 • \$30 per person • Malachite ☐

4pm: Classical Yoga for Couples

As your mental well-being, emotional health, and energies become balanced, your relationship will glow! This one-hour practice of yogasana (poses), pranayama (energy movement), and mantra establishes a foundation from which you can maintain a daily home practice together without an app or yoga studio! Encourage, rouse, and inspire your romance by bringing your smile and your partner to this beautiful practice class! ***Please refrain from ingesting caffeine for four hours prior to class. This class is contraindicated for pregnant women, and those with heart issues.** \$40 per person • Reflections ☐

SUNDAY, DECEMBER 14

12pm: Classical Yoga for Couples

See December 11 • \$40 per person • Reflections ☐

1pm: Teaching: Intro to Ayurveda

See December 9 • \$30 per person • Reflections ☐

2pm: A Taste of Enlightenment

A class for the brave and adventuresome! Let go of any preconceptions about the words "yoga" and "meditation," and step into a surprising world of ancient techniques that will forever change the course of your life! Learn how the entire system of unnecessary mental stress and suffering can collapse in a single moment, through proper understanding of the nature of reality. Complimentary • Reflections ☐

3pm: Yoga Nidra From India

See December 9 • \$20 per person • Reflections ☐

4pm: Breathe Easy

See December 9 • Complimentary • Reflections ☐

☐ RESERVATIONS ARE REQUIRED FOR ALL CLASSES, UNLESS NOTED OTHERWISE.

PRIVATE OR CUSTOMIZED SESSIONS ARE ALSO AVAILABLE FOR GUESTS AND MEMBERS. MOST CLASSES HAVE 5-10 PARTICIPANTS.

SPIRITUAL WELLNESS: DECEMBER 15-21

TUESDAY, DECEMBER 16


12pm: Yogic Dance to Celebrate Life

Get to know your true self, which is playful, blissful, and fearless, in this one-hour yogic movement class! Improve the health of your spine, increase your lung capacity, and lift your smile as you sway and glide through the air with a sense of lightness and joy!


***Please arrive for class on a semi-empty stomach, and dress in loose clothing.** \$25 per person

Reflections 


1pm: Yoga Nidra From India

Within the most profound state of relaxation, your deepest concentration levels will arise as you travel through the dream-like experience of ancient yoga nidra from India. While lying on your back with eyes closed, you'll be verbally guided through a blissful process to perfect your overall wellbeing and balance. Yoga nidra reprograms your entire neurological system and also releases stress from the deepest subtle layers of your physical body. Lie down, get comfortable, and float through this one-hour healing session! **This class is especially beneficial for those with anxiety, stress, insomnia, nervous disorders, and heart conditions.** \$20 per person • Reflections 


2pm: Breathe Easy

A one-hour breathwork class to open and purify your energy channels, free your system from stress, and relax your mind! You will learn and practice three pranayama techniques from ancient India, including bhrumari, kapalabhati, and anuloma viloma. You will feel completely refreshed and spectacular after this deep massage of the subtle energies within your body! Complimentary • Reflections 

3pm: Concentration & Focus

Leaving the house without your wallet and phone? Forgetting your to-do list? Can't maintain focus during your workout? This class will help! Sharpen your mind through meditative practices and breathing exercises that will improve your memory and cognitive clarity. This session is great for athletes, high-stress lifestyles, and the elderly. Complimentary • Reflections 

4pm: Teaching: Intro to Ayurveda

The "science of life" and the sister science of yoga, Ayurveda has been practiced in India for thousands of years and still works in a state of perfection. Toss out all of your fad diets and magazine trends, and learn how to eat, sleep, and exercise according to your specific bodily constitution, based on the dominant element of your body. ***Note-taking materials will be provided.** \$30 per person • Reflections 

THURSDAY, DECEMBER 18


12pm: Concentration & Focus

See December 16 • Complimentary • Reflections 


1pm: Breathe Easy

See December 16 • Complimentary • Reflections 


2pm: Yoga Nidra From India

See December 16 • \$20 per person • Reflections 

3pm: Teaching: Intro to Ayurveda


See December 16 • \$30 per person • Reflections 

4pm: Classical Yoga for Couples


As your mental well-being, emotional health, and energies become balanced, your relationship will glow! This one-hour practice of yogasana (poses), pranayama (energy movement), and mantra establishes a foundation from which you can maintain a daily home practice together without an app or yoga studio! Encourage, rouse, and inspire your romance by bringing your smile and your partner to this beautiful practice class! ***Please refrain from ingesting caffeine for four hours prior to class. This class is contraindicated for pregnant women, and those with heart issues.** \$40 per person • Reflections 

SUNDAY, DECEMBER 21


12pm: Classical Yoga for Couples

See December 18 • \$40 per person • Reflections 

1pm: Teaching: Intro to Ayurveda

See December 16 • \$30 per person • Reflections 

2pm: A Taste of Enlightenment

A class for the brave and adventuresome! Let go of any preconceptions about the words "yoga" and "meditation," and step into a surprising world of ancient techniques that will forever change the course of your life! Learn how the entire system of unnecessary mental stress and suffering can collapse in a single moment, through proper understanding of the nature of reality. Complimentary • Reflections 

3pm: Yoga Nidra From India

See December 16 • \$20 per person • Reflections 

4pm: Breathe Easy

See December 16 • Complimentary • Reflections 

 RESERVATIONS ARE REQUIRED FOR ALL CLASSES, UNLESS NOTED OTHERWISE.

PRIVATE OR CUSTOMIZED SESSIONS ARE ALSO AVAILABLE FOR GUESTS AND MEMBERS. MOST CLASSES HAVE 5-10 PARTICIPANTS.

SPIRITUAL WELLNESS: DECEMBER 22-28

TUESDAY, DECEMBER 23


12pm: Yogic Dance to Celebrate Life

Get to know your true self, which is playful, blissful, and fearless, in this one-hour yogic movement class! Improve the health of your spine, increase your lung capacity, and lift your smile as you sway and glide through the air with a sense of lightness and joy!


***Please arrive for class on a semi-empty stomach, and dress in loose clothing.** \$25 per person

Reflections 


1pm: Yoga Nidra From India

Within the most profound state of relaxation, your deepest concentration levels will arise as you travel through the dream-like experience of ancient yoga nidra from India. While lying on your back with eyes closed, you'll be verbally guided through a blissful process to perfect your overall wellbeing and balance. Yoga nidra reprograms your entire neurological system and also releases stress from the deepest subtle layers of your physical body. Lie down, get comfortable, and float through this one-hour healing session! **This class is especially beneficial for those with anxiety, stress, insomnia, nervous disorders, and heart conditions.** \$20 per person • Reflections 


2pm: Breathe Easy

A one-hour breathwork class to open and purify your energy channels, free your system from stress, and relax your mind! You will learn and practice three pranayama techniques from ancient India, including bhrumari, kapalabhati, and anuloma viloma. You will feel completely refreshed and spectacular after this deep massage of the subtle energies within your body! Complimentary • Reflections 

3pm: Concentration & Focus

Leaving the house without your wallet and phone? Forgetting your to-do list? Can't maintain focus during your workout? This class will help! Sharpen your mind through meditative practices and breathing exercises that will improve your memory and cognitive clarity. This session is great for athletes, high-stress lifestyles, and the elderly. Complimentary • Reflections 

4pm: Teaching: Intro to Ayurveda

The "science of life" and the sister science of yoga, Ayurveda has been practiced in India for thousands of years and still works in a state of perfection. Toss out all of your fad diets and magazine trends, and learn how to eat, sleep, and exercise according to your specific bodily constitution, based on the dominant element of your body. ***Note-taking materials will be provided.** \$30 per person • Reflections 

THURSDAY, DECEMBER 25


12pm: Concentration & Focus

See December 23 • Complimentary • Reflections 


1pm: Breathe Easy

See December 23 • Complimentary • Reflections 


2pm: Yoga Nidra From India

See December 23 • \$20 per person • Reflections 

3pm: Teaching: Intro to Ayurveda

See December 23 • \$30 per person • Reflections 

4pm: Classical Yoga for Couples


As your mental well-being, emotional health, and energies become balanced, your relationship will glow! This one-hour practice of yogasana (poses), pranayama (energy movement), and mantra establishes a foundation from which you can maintain a daily home practice together without an app or yoga studio! Encourage, rouse, and inspire your romance by bringing your smile and your partner to this beautiful practice class! ***Please refrain from ingesting caffeine for four hours prior to class. This class is contraindicated for pregnant women, and those with heart issues.** \$40 per person • Reflections 

SUNDAY, DECEMBER 28


12pm: Classical Yoga for Couples

See December 25 • \$40 per person • Reflections 


1pm: Teaching: Intro to Ayurveda

See December 23 • \$30 per person • Reflections 

2pm: A Taste of Enlightenment

A class for the brave and adventuresome! Let go of any preconceptions about the words "yoga" and "meditation," and step into a surprising world of ancient techniques that will forever change the course of your life! Learn how the entire system of unnecessary mental stress and suffering can collapse in a single moment, through proper understanding of the nature of reality. Complimentary • Reflections 

3pm: Yoga Nidra From India

See December 23 • \$20 per person • Reflections 

4pm: Breathe Easy

See December 23 • Complimentary • Reflections 

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PRIVATE OR CUSTOMIZED SESSIONS ARE ALSO AVAILABLE FOR GUESTS AND MEMBERS. MOST CLASSES HAVE 5-10 PARTICIPANTS.

SPIRITUAL WELLNESS: DECEMBER 29-31

TUESDAY, DECEMBER 30

12pm: Yogic Dance to Celebrate Life

Get to know your true self, which is playful, blissful, and fearless, in this one-hour yogic movement class! Improve the health of your spine, increase your lung capacity, and lift your smile as you sway and glide through the air with a sense of lightness and joy!

***Please arrive for class on a semi-empty stomach, and dress in loose clothing.** \$25 per person

Reflections ☐

1pm: Yoga Nidra From India

Within the most profound state of relaxation, your deepest concentration levels will arise as you travel through the dream-like experience of ancient yoga nidra from India. While lying on your back with eyes closed, you'll be verbally guided through a blissful process to perfect your overall wellbeing and balance. Yoga nidra reprograms your entire neurological system and also releases stress from the deepest subtle layers of your physical body. Lie down, get comfortable, and float through this one-hour healing session! ***This class is especially beneficial for those with anxiety, stress, insomnia, nervous disorders, and heart conditions.***

\$20 per person • Reflections ☐

2pm: Breathe Easy

A one-hour breathwork class to open and purify your energy channels, free your system from stress, and relax your mind! You will learn and practice three pranayama techniques from ancient India, including bhrumari, kapalabhati, and anuloma viloma. You will feel completely refreshed and spectacular after this deep massage of the subtle energies within your body! Complimentary • Reflections ☐

3pm: Concentration & Focus

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4pm: Teaching: Intro to Ayurveda

The "science of life" and the sister science of yoga, Ayurveda has been practiced in India for thousands of years and still works in a state of perfection. Toss out all of your fad diets and magazine trends, and learn how to eat, sleep, and exercise according to your specific bodily constitution, based on the dominant element of your body. ****Note-taking materials will be provided.*** \$30 per person • Reflections ☐

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