

FITNESS & SPIRITUAL WELLNESS: JANUARY 19-25

MONDAY, JANUARY 19

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, JANUARY 20

9am: 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

10am: 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

SPIRITUAL WELLNESS

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 • Garnet

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 • Garnet

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 bhramari, kapalabhati, and anuloma viloma. You will feel completely refreshed and spectacular after this deep massage of the subtle energies within your body! Complimentary • Garnet

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 • Garnet

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 • Garnet

WEDNESDAY, JANUARY 21

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

9am: Intro to Pilates Mat

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

THURSDAY, JANUARY 22

9am: Vinyasa Krama

See description on January 20. Complimentary • Woodlands Spa

10am: Tabata Tone

See description on January 20. \$20 per person • Woodlands Spa

11am: Tabata Burn

See description on January 20. \$20 per person • Woodlands Spa

4pm: Sunset Vinyasa

See description on January 20. Complimentary • Woodlands Spa

SPIRITUAL WELLNESS

12pm: Concentration & Focus

See description on January 20. Complimentary • Reflections

1pm: Breathe Easy

See description on January 20. Complimentary • Reflections

2pm: Yoga Nidra From India

See description on January 20. \$20 per person • Reflections

3pm: Teaching: Intro to Ayurveda

See description on January 20. \$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

FRIDAY, JANUARY 23

8:15am: Cardio Combo

See description on January 21. Complimentary • Woodlands Spa

9am: Intro to Pilates Mat

See description on January 21. 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

SATURDAY, JANUARY 24

8:15am: Core-Based Yoga Flow

See description on January 20. Complimentary • Woodlands Spa

9am: Intro to Pilates Mat

See description on January 21. Complimentary • Woodlands Spa

10am: Studio 84 Yoga

See description on January 21. \$20 per person • Woodlands Spa

11am: Tabata Tone

See description on January 20. \$20 per person • Woodlands Spa

4pm: Sunset Vinyasa

See description on January 20. Complimentary • Woodlands Spa

SUNDAY, JANUARY 25

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

SPIRITUAL WELLNESS

12pm: Classical Yoga for Couples

See description on January 22. \$40 per person • Garnet

1pm: Teaching: Intro to Ayurveda

See description on January 20. \$30 per person • Garnet

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 • Garnet

3pm: Yoga Nidra From India

See description on January 20. \$20 per person • Garnet

4pm: Breathe Easy

See description on January 20. Complimentary • Garnet

FITNESS & SPIRITUAL WELLNESS: JANUARY 26-FEBRUARY 1

MONDAY, JANUARY 26

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®

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

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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, JANUARY 27

9am: 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®

10am: 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

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SPIRITUAL WELLNESS

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 • Garnet®

1pm: Yoga Nidra From India

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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 bhramari, kapalabhati, and anuloma viloma. You will feel completely refreshed and spectacular after this deep massage of the subtle energies within your body! Complimentary • Garnet®

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 • Garnet®

WEDNESDAY, JANUARY 28

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®

9am: Intro to Pilates Mat

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

THURSDAY, JANUARY 29

9am: Vinyasa Krama

See description on January 27. Complimentary • Woodlands Spa®

10am: Tabata Burn

See description on January 27. \$20 per person • Woodlands Spa®

11am: Tabata Tone

See description on January 27. \$20 per person • Woodlands Spa®

4pm: Sunset Vinyasa

See description on January 27. Complimentary • Woodlands Spa®

SPIRITUAL WELLNESS

12pm: Concentration & Focus

See description on January 27. Complimentary • Garnet®

1pm: Breathe Easy

See description on January 20. Complimentary • Garnet®

2pm: Yoga Nidra From India

See description on January 27. \$20 per person • Garnet®

3pm: Teaching: Intro to Ayurveda

See description on January 27. \$30 per person • Garnet®

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 • Garnet®

FRIDAY, JANUARY 30

8:15am: Cardio Combo

See description on January 28. Complimentary • Woodlands Spa®

9am: Intro to Pilates Mat

See description on January 28. 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®

SATURDAY, JANUARY 31

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®

9am: Intro to Pilates Mat

See description on January 28. Complimentary • Woodlands Spa®

10am: Studio 84 Yoga

See description on January 28. \$20 per person • Woodlands Spa®

11:15am: Tabata Tone

See description on January 27. \$20 per person • Woodlands Spa®

12pm: Tabata Burn

See description on January 27. \$20 per person • Woodlands Spa®

4pm: Vin to Yin

This one-hour practice offers the best of both worlds. Begin with a creative, all-levels vinyasa flow designed to warm the body, build mindful strength, and inspire fluid movement. The final 20 minutes shift into grounding Yin postures, held gently to release tension, open the fascia, and invite deep relaxation. This class balances energy and ease — leaving you centered, spacious, and restored. Suitable for all levels. Complimentary • Woodlands Spa®

SUNDAY, FEBRUARY 1

8am: Vinyasa Krama

See description on January 27. Complimentary • Woodlands Spa®

4pm: Vin to Yin

See description on January 31 • Complimentary • Woodlands Spa®

SPIRITUAL WELLNESS

12pm: Classical Yoga for Couples

See description on January 29. \$40 per person • Reflections®

1pm: Teaching: Intro to Ayurveda

See description on January 27. \$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 description on January 27. \$20 per person • Reflections®

4pm: Breathe Easy

See description on January 27. Complimentary • Reflections®