

FITNESS & SPIRITUAL WELLNESS: FEBRUARY 1-8

SUNDAY, FEBRUARY 1

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: 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

SPIRITUAL WELLNESS

12pm: Classical Yoga

This special offering is created according to the level of those present for class, beginner or advanced! As your mental well-being, emotional health, and energy balances, you will glow! This one-hour practice of yogasana (poses), pranayama (energy movement), and mantra (vocal sound) establishes a foundation from which you can maintain a daily home practice without an app or yoga studio! Encourage, rouse, and inspire yourself by bringing your smile to this beautiful practice from India! *Please refrain from ingesting caffeine prior to class.

This class is contraindicated for pregnant women, and those with heart issues. \$40 per person • Garnet

1pm: 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

2pm: Meditation for Beginners

Embrace the boundless happiness within yourself in this one-hour guided meditation class! Train your mind toward stillness as you uncover your wellspring of serenity! Learn how the entire system of unnecessary mental stress and suffering can collapse simply through proper understanding of the nature of reality. Finally, learn tips to experience sustained calm and peace in your daily life! Complimentary • Garnet

3pm: 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

4pm: 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

MONDAY, FEBRUARY 2

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, FEBRUARY 3

9am: Vinyasa Krama

See description on February 1. Complimentary • Woodlands Spa

10am: Tabata Tone

See description on February 1. \$20 per person • Woodlands Spa

11am: 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: Classical Yoga

See description on February 1. \$40 per person • Garnet

1pm: Yoga Nidra From India

See description on February 1. \$20 per person • Garnet

2pm: Breathe Easy

See description on February 1. Complimentary • Garnet

3pm: Happy Hips

This one-hour hip-opening yogasana (yoga pose) practice will stabilize your root chakra (muladhara), align your hips and pelvis, and lift your radiant smile! Too much time in furniture can tighten your hips and pelvis region, which leaves you prone to low-back issues and emotional stress. So join this beautiful session to release from the root and make your hips strong, flexible, and happy! Complimentary • Garnet

4pm: Teaching: Intro to Ayurveda

See description on February 1. \$30 per person • Garnet

WEDNESDAY, FEBRUARY 4

8:15am: Cardio Combo

Jump-start 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

THURSDAY, FEBRUARY 5

9am: Vinyasa Krama

See description on February 1. Complimentary • Woodlands Spa

10am: Tabata Burn

See description on February 3. \$20 per person • Woodlands Spa

11am: Tabata Tone

See description on February 1. \$20 per person • Woodlands Spa

SPIRITUAL WELLNESS

12pm: Happy Hips

See description on February 3. Complimentary • Garnet

1pm: Breathe Easy

See description on February 1. Complimentary • Garnet

2pm: Yoga Nidra From India

See description on February 1. \$20 per person • Garnet

3pm: Teaching: Intro to Ayurveda

See description on February 1. \$30 per person • Garnet

4pm: Classical Yoga

See description on February 1. \$40 per person • Garnet

FRIDAY, FEBRUARY 6

8:15am: Cardio Combo

See description on February 4. 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: 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, FEBRUARY 7

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 February 6. Complimentary • Woodlands Spa

10am: Studio 84 Yoga

See description on February 4. \$20 per person • Woodlands Spa

SUNDAY, FEBRUARY 8

No classes

FITNESS & SPIRITUAL WELLNESS: FEBRUARY 9-15

MONDAY, FEBRUARY 9

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, FEBRUARY 10

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

1:30pm: 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: Classical Yoga

This special offering is created according to the level of those present for class, beginner or advanced! As your mental well-being, emotional health, and energy balances, you will glow! This one-hour practice of yogasana (poses), pranayama (energy movement), and mantra (vocal sound) establishes a foundation from which you can maintain a daily home practice without an app or yoga studio! Encourage, rouse, and inspire yourself by bringing your smile to this beautiful practice from India! *Please refrain from ingesting caffeine prior to class. This class is contraindicated for pregnant women, and those with heart issues. \$40 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: Happy Hips

This one-hour hip-opening yogasana (yoga pose) practice will stabilize your root chakra (muladhara), align your hips and pelvis, and lift your radiant smile! Too much time in furniture can tighten your hips and pelvis region, which leaves you prone to low-back issues and emotional stress. So join this beautiful session to release from the root and make your hips strong, flexible, and happy! 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, FEBRUARY 11

8:15am: Cardio Combo

Jump-start 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

THURSDAY, FEBRUARY 12

9am: Vinyasa Krama

See description on February 10. Complimentary • Woodlands Spa

10am: Tabata Tone

See description on February 10. \$20 per person • Woodlands Spa

11am: Tabata Burn

See description on February 10. \$20 per person • Woodlands Spa

SPIRITUAL WELLNESS

12pm: Happy Hips

See description on February 10. Complimentary • Garnet

1pm: Breathe Easy

See description on February 10. Complimentary • Garnet

2pm: Yoga Nidra From India

See description on February 10. \$20 per person • Garnet

3pm: Teaching: Intro to Ayurveda

See description on February 10. \$30 per person • Garnet

4pm: Classical Yoga

See description on February 10. \$40 per person • Garnet

FRIDAY, FEBRUARY 13

8:15am: Cardio Combo

See description on February 11. 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: 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, FEBRUARY 14

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

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

See description on February 11. \$20 per person • Woodlands Spa

SUNDAY, FEBRUARY 15

9am: Vinyasa Krama

See description on February 10. Complimentary • Woodlands Spa

10am: Tabata Burn

See description on February 10. \$20 per person • Woodlands Spa

11am: Vin to Yin

See description on February 10. Complimentary • Woodlands Spa

SPIRITUAL WELLNESS

12pm: Classical Yoga

See description on February 10. \$40 per person • Garnet

1pm: Teaching: Intro to Ayurveda

See description on February 10. \$30 per person • Garnet

2pm: Meditation for Beginners

See description on February 10. Complimentary • Garnet

3pm: Yoga Nidra From India

See description on February 10. \$20 per person • Garnet

4pm: Breathe Easy

See description on February 10. Complimentary • Garnet

FITNESS & SPIRITUAL WELLNESS: FEBRUARY 16-22

MONDAY, FEBRUARY 16

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, FEBRUARY 17

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: Classical Yoga

This special offering is created according to the level of those present for class, beginner or advanced! As your mental well-being, emotional health, and energy balances, you will glow! This one-hour practice of yogasana (poses), pranayama (energy movement), and mantra (vocal sound) establishes a foundation from which you can maintain a daily home practice without an app or yoga studio! Encourage, rouse, and inspire yourself by bringing your smile to this beautiful practice from India! *Please refrain from ingesting caffeine prior to class. *This class is contraindicated for pregnant women, and those with heart issues.* \$40 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: Happy Hips

This one-hour hip-opening yogasana (yoga pose) practice will stabilize your root chakra (muladhara), align your hips and pelvis, and lift your radiant smile! Too much time in furniture can tighten your hips and pelvis region, which leaves you prone to low-back issues and emotional stress. So join this beautiful session to release from the root and make your hips strong, flexible, and happy! 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, FEBRUARY 18

8:15am: Cardio Combo

Jump-start 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

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

THURSDAY, FEBRUARY 19

9am: Vinyasa Krama

See description on February 17. Complimentary • Woodlands Spa

10am: Tabata Tone

See description on February 17. \$20 per person • Woodlands Spa

11am: Tabata Burn

See description on February 17. \$20 per person • Woodlands Spa

SPIRITUAL WELLNESS

12pm: Happy Hips

See description on February 17. Complimentary • Garnet

1pm: Breathe Easy

See description on February 17. Complimentary • Garnet

2pm: Yoga Nidra From India

See description on February 17. \$20 per person • Garnet

3pm: Teaching: Intro to Ayurveda

See description on February 17. \$30 per person • Garnet

4pm: Classical Yoga

See description on February 17. \$40 per person • Garnet

FRIDAY, FEBRUARY 20

8:15am: Cardio Combo

See description on February 18. 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: 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, FEBRUARY 21

11:15am: Tabata Tone

See description on February 17. \$20 per person • Woodlands Spa

12pm: Tabata Burn

See description on February 17. \$20 per person • Woodlands Spa

4pm: Vin to Yin

See description on February 18. Complimentary • Woodlands Spa

SUNDAY, FEBRUARY 22

9am: Vinyasa Krama

See description on February 17. Complimentary • Woodlands Spa

10am: Tabata Burn

See description on February 17. \$20 per person • Woodlands Spa

11am: Vin to Yin

See description on February 18. Complimentary • Woodlands Spa

SPIRITUAL WELLNESS

12pm: Classical Yoga

See description on February 17. \$40 per person • Garnet

1pm: Teaching: Intro to Ayurveda

See description on February 17. \$30 per person • Garnet

2pm: Meditation for Beginners

See description on February 17. Complimentary • Garnet

3pm: Yoga Nidra From India

See description on February 17. \$20 per person • Garnet

4pm: Breathe Easy

See description on February 17. Complimentary • Garnet

FITNESS & SPIRITUAL WELLNESS: FEBRUARY 23-MARCH 1

MONDAY, FEBRUARY 23

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, FEBRUARY 24

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 

1:30pm: 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

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: Happy Hips

This one-hour hip-opening yogasana (yoga pose) practice will stabilize your root chakra (muladhara), align your hips and pelvis, and lift your radiant smile! Too much time in furniture can tighten your hips and pelvis region, which leaves you prone to low-back issues and emotional stress. So join this beautiful session to release from the root and make your hips strong, flexible, and happy! Complimentary • Garnet 

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WEDNESDAY, FEBRUARY 25

8:15am: Cardio Combo

Jump-start 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 

THURSDAY, FEBRUARY 26

9am: Vinyasa Krama

See description on February 24. Complimentary • Woodlands Spa 

10am: Tabata Burn

See description on February 24. \$20 per person • Woodlands Spa 

11am: Tabata Tone

See description on February 24. \$20 per person • Woodlands Spa 

SPIRITUAL WELLNESS

12pm: Happy Hips

See description on February 24. Complimentary • Garnet 

1pm: Breathe Easy

See description on February 24. Complimentary • Garnet 

2pm: Yoga Nidra From India

See description on February 24. \$20 per person • Garnet 

3pm: Teaching: Intro to Ayurveda

See description on February 24. \$30 per person • Garnet 

4pm: Classical Yoga

This special offering is created according to the level of those present for class, beginner or advanced! As your mental well-being, emotional health, and energy balances, you will glow! This one-hour practice of yogasana (poses), pranayama (energy movement), and mantra (vocal sound) establishes a foundation from which you can maintain a daily home practice without an app or yoga studio! Encourage, rouse, and inspire yourself by bringing your smile to this beautiful practice from India! ***Please refrain from ingesting caffeine prior to class.** **This class is contraindicated for pregnant women, and those with heart issues.** \$40 per person • Garnet 

FRIDAY, FEBRUARY 27

8:15am: Cardio Combo

See description on February 25. 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: 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, FEBRUARY 28

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 R 

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

See description on February 25. \$20 per person • Woodlands Spa 

11am: Tabata Tone

See description on February 24. \$20 per person • Woodlands Spa 

4pm: Sunset Vinyasa

See description on February 24. Complimentary • Woodlands Spa 

SUNDAY, MARCH 1

9am: Vinyasa Krama

See description on February 24. Complimentary • Woodlands Spa 

10am: Tabata Burn

See description on February 24. \$20 per person • Woodlands Spa 

11am: Tabata Tone

See description on February 24. \$20 per person • Woodlands Spa 

SPIRITUAL WELLNESS

12pm: Happy Hips

See description on February 24. Complimentary • Garnet 

1pm: Breathe Easy

See description on February 24. Complimentary • Garnet 

2pm: Yoga Nidra From India

See description on February 24. \$20 per person • Garnet 

3pm: Teaching: Intro to Ayurveda

See description on February 24. \$30 per person • Garnet 