

# FITNESS & SPIRITUAL WELLNESS: MARCH 1-8

## SUNDAY, MARCH 1 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, MARCH 2

### 11:30am: 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 ☒

### 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, MARCH 3

### 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: 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: 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

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

### 1pm: Yoga Nidra From India

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

### 2pm: Breathe Easy

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

## WEDNESDAY, MARCH 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 ☒

### 11:15am: Bootcamp Express

No fluff. No wasted time. Just 30 minutes of full-throttle training that gets results. This high-energy bootcamp blends explosive bodyweight movements with functional training equipment to torch calories, build strength, and elevate endurance fast. You'll rotate through dynamic stations using tools like kettlebells, battle ropes, boxes, and bands — designed to challenge your entire body and keep your heart rate climbing. Every workout is efficient, empowering, and adaptable, making it perfect whether you're chasing performance gains or just want to feel strong and unstoppable. Come ready to sweat, work hard, and leave feeling accomplished. Complimentary • Woodlands Spa ☒

## THURSDAY, MARCH 5

### 9am: Vinyasa Krama

See description on March 3. Complimentary • Woodlands Spa ☒

### 10am: Tabata Burn

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

### 11am: Tabata Tone

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

### 12pm: Bootcamp Express

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

### 1pm: Vin to Yin

See description on March 3. Complimentary • Woodlands Spa ☒

## SPIRITUAL WELLNESS

### 12pm: Happy Hips

See description on March 3. Complimentary • Garnet ☒

### 1pm: Breathe Easy

See description on March 1. Complimentary • Garnet ☒

### 2pm: Yoga Nidra From India

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

### 3pm: Teaching: Intro to Ayurveda

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

### 4pm: Classical Yoga

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

## FRIDAY, MARCH 6

### 8:15am: Cardio Combo

See description on March 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 ☒

### 11:15am: Bootcamp Express

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

### 1pm: Vin to Yin

See description on March 3. Complimentary • Woodlands Spa ☒

## SATURDAY, MARCH 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: Core Strength

See description on March 6. Complimentary • Woodlands Spa ☒

### 10am: Studio 84 Yoga

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

### 11:15am: Bootcamp Express

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

### 1pm: Vin to Yin

See description on March 3. Complimentary • Woodlands Spa ☒

## SUNDAY, MARCH 8

### 12pm: Classical Yoga

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

### 1pm: Teaching: Intro to Ayurveda

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

### 2pm: Meditation for Beginners

See description on March 1. Complimentary • Garnet ☒

### 3pm: Yoga Nidra From India

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

### 4pm: Breathe Easy

See description on March 1. Complimentary • Garnet ☒

# FITNESS & SPIRITUAL WELLNESS: MARCH 9-15

## MONDAY, MARCH 9

### 11:30am: 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 [📍](#)

### 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, MARCH 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 [📍](#)

### 12:30pm: Bootcamp Express

No fluff. No wasted time. Just 30 minutes of full-throttle training that gets results. This high-energy bootcamp blends explosive bodyweight movements with functional training equipment to torch calories, build strength, and elevate endurance fast. You’ll rotate through dynamic stations using tools like kettlebells, battle ropes, boxes, and bands — designed to challenge your entire body and keep your heart rate climbing. Every workout is efficient, empowering, and adaptable, making it perfect whether you’re chasing performance gains or just want to feel strong and unstoppable. Come ready to sweat, work hard, and leave feeling accomplished. Complimentary • 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 [📍](#)

## 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: 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, MARCH 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 [📍](#)

### 11:15am: Bootcamp Express

See description on March 10. Complimentary • Woodlands Spa [📍](#)

### 12:30pm: Vin to Yin

See description on March 10. Complimentary • Woodlands Spa [📍](#)

## THURSDAY, MARCH 12

### 9am: Vinyasa Krama

See description on March 10. Complimentary • Woodlands Spa [📍](#)

### 10am: Tabata Tone

See description on March 10. \$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 [📍](#)

### 12pm: Bootcamp Express

See description on March 10. \$20 per person • Woodlands Spa [📍](#)

## SPIRITUAL WELLNESS

### 12pm: Happy Hips

See description on March 10. Complimentary • Garnet [📍](#)

### 1pm: Breathe Easy

See description on March 10. Complimentary • Garnet [📍](#)

### 2pm: 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 [📍](#)

### 3pm: Teaching: Intro to Ayurveda

See description on March 10. \$30 per person • Garnet [📍](#)

### 4pm: Classical Yoga

See description on March 10. \$40 per person • Garnet [📍](#)

## FRIDAY, MARCH 13

### 8:15am: Cardio Combo

See description on March 11. Complimentary • Woodlands Spa [📍](#)

### 9am: Core Strength

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 [📍](#)

### 11:15am: Bootcamp Express

See description on March 10. \$20 per person • Woodlands Spa [📍](#)

### 1pm: Vin to Yin

See description on March 10. Complimentary • Woodlands Spa [📍](#)

## SATURDAY, MARCH 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: Core Strength

See description on March 13. Complimentary • Woodlands Spa [📍](#)

### 10am: Studio 84 Yoga

See description on March 11. \$20 per person • Woodlands Spa [📍](#)

### 11:15am: Bootcamp Express

See description on March 10. \$20 per person • Woodlands Spa [📍](#)

### 12pm: Vin to Yin

See description on March 10. Complimentary • Woodlands Spa [📍](#)

## SUNDAY, MARCH 15

## SPIRITUAL WELLNESS

### 12pm: Classical Yoga

See description on March 10. \$40 per person • Garnet [📍](#)

### 1pm: Teaching: Intro to Ayurveda

See description on March 10. \$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

See description on March 12. \$20 per person • Garnet [📍](#)

### 4pm: Breathe Easy

See description on March 10. Complimentary • Garnet [📍](#)

# FITNESS & SPIRITUAL WELLNESS: MARCH 16-22

## MONDAY, MARCH 16

### 11:30am: 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 [📍](#)

### 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, MARCH 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 [📍](#)

### 11:15am: Bootcamp Express

No fluff. No wasted time. Just 30 minutes of full-throttle training that gets results. This high-energy bootcamp blends explosive bodyweight movements with functional training equipment to torch calories, build strength, and elevate endurance fast. You'll rotate through dynamic stations using tools like kettlebells, battle ropes, boxes, and bands — designed to challenge your entire body and keep your heart rate climbing. Every workout is efficient, empowering, and adaptable, making it perfect whether you're chasing performance gains or just want to feel strong and unstoppable. Come ready to sweat, work hard, and leave feeling accomplished. Complimentary • 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 [📍](#)

### 2pm: 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: 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, MARCH 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 [📍](#)

### 11:15am: Bootcamp Express

See description on March 17. Complimentary • Woodlands Spa [📍](#)

### 4pm: Vin to Yin

See description on March 17. Complimentary • Woodlands Spa [📍](#)

## THURSDAY, MARCH 19

### 9am: Vinyasa Krama

See description on March 17. Complimentary • Woodlands Spa [📍](#)

### 10am: Tabata Tone

See description on March 17. \$20 per person • Woodlands Spa [📍](#)

### 11am: Tabata Burn

See description on March 17. \$20 per person • Woodlands Spa [📍](#)

### 12pm: Bootcamp Express

See description on March 17. \$20 per person • Woodlands Spa [📍](#)

## SPIRITUAL WELLNESS

### 12pm: Happy Hips

See description on March 17. Complimentary • Garnet [📍](#)

### 1pm: Breathe Easy

See description on March 17. Complimentary • Garnet [📍](#)

### 2pm: Yoga Nidra From India

See description on March 17. \$20 per person • Garnet [📍](#)

### 3pm: Teaching: Intro to Ayurveda

See description on March 17. \$30 per person • Garnet [📍](#)

### 4pm: Classical Yoga

See description on March 17. \$40 per person • Garnet [📍](#)

## FRIDAY, MARCH 20

### 8:15am: Cardio Combo

See description on March 11. Complimentary • Woodlands Spa [📍](#)

### 9am: Core Strength

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 [📍](#)

### 12pm: Bootcamp Express

See description on March 17. \$20 per person • Woodlands Spa [📍](#)

### 4pm: Vin to Yin

See description on March 17. Complimentary • Woodlands Spa [📍](#)

## SATURDAY, MARCH 21

### 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: Core Strength

See description on March 20. Complimentary • Woodlands Spa [📍](#)

### 10am: Studio 84 Yoga

See description on March 18. \$20 per person • Woodlands Spa [📍](#)

### 11:15am: Tabata Tone

See description on March 17. \$20 per person • Woodlands Spa [📍](#)

### 12pm: Tabata Burn

See description on March 17. \$20 per person • Woodlands Spa [📍](#)

### 1pm: Bootcamp Express

See description on March 17. \$20 per person • Woodlands Spa [📍](#)

### 2pm: Vin to Yin

See description on March 17. Complimentary • Woodlands Spa [📍](#)

## SUNDAY, MARCH 22

## SPIRITUAL WELLNESS

### 12pm: Classical Yoga

See description on March 17. \$40 per person • Garnet [📍](#)

### 1pm: Teaching: Intro to Ayurveda

See description on March 17. \$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

See description on March 17. \$20 per person • Garnet [📍](#)

### 4pm: Breathe Easy

See description on March 17. Complimentary • Garnet [📍](#)

# FITNESS & SPIRITUAL WELLNESS: MARCH 23-29

## MONDAY, MARCH 23

### 11:30am: 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 [📍](#)

### 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, MARCH 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 [📍](#)

### 12pm: Bootcamp Express

No fluff. No wasted time. Just 30 minutes of full-throttle training that gets results. This high-energy bootcamp blends explosive bodyweight movements with functional training equipment to torch calories, build strength, and elevate endurance fast. You'll rotate through dynamic stations using tools like kettlebells, battle ropes, boxes, and bands — designed to challenge your entire body and keep your heart rate climbing. Every workout is efficient, empowering, and adaptable, making it perfect whether you're chasing performance gains or just want to feel strong and unstoppable. Come ready to sweat, work hard, and leave feeling accomplished. Complimentary • Woodlands Spa [📍](#)

### 1pm: 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: 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, MARCH 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 [📍](#)

### 11:15am: Bootcamp Express

See description on March 24. Complimentary • Woodlands Spa [📍](#)

### 1pm: Vin to Yin

See description on March 24. Complimentary • Woodlands Spa [📍](#)

## THURSDAY, MARCH 26

### 9am: Vinyasa Krama

See description on March 24. Complimentary • Woodlands Spa [📍](#)

### 10am: 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 [📍](#)

### 11am: Tabata Tone

See description on March 24. \$20 per person • Woodlands Spa [📍](#)

## SPIRITUAL WELLNESS

### 12pm: Happy Hips

See description on March 24. Complimentary • Garnet [📍](#)

### 1pm: Breathe Easy

See description on March 24. Complimentary • Garnet [📍](#)

### 2pm: Yoga Nidra From India

See description on March 24. \$20 per person • Garnet [📍](#)

### 3pm: Teaching: Intro to Ayurveda

See description on March 24. \$30 per person • Garnet [📍](#)

### 4pm: Classical Yoga

See description on March 24. \$40 per person • Garnet [📍](#)

## FRIDAY, MARCH 27

### 8:15am: Cardio Combo

See description on March 25. Complimentary • Woodlands Spa [📍](#)

### 9am: Core Strength

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 [📍](#)

### 11:15am: Bootcamp Express

See description on March 25. \$20 per person • Woodlands Spa [📍](#)

### 1pm: Vin to Yin

See description on March 24. Complimentary • Woodlands Spa [📍](#)

## SATURDAY, MARCH 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 [📍](#)

### 9am: Core Strength

See description on March 27. Complimentary • Woodlands Spa [📍](#)

### 10am: Studio 84 Yoga

See description on March 25. \$20 per person • Woodlands Spa [📍](#)

### 11am: Tabata Tone

See description on March 24. \$20 per person • Woodlands Spa [📍](#)

### 1pm: Vin to Yin

See description on March 24. Complimentary • Woodlands Spa [📍](#)

## SUNDAY, MARCH 29

## SPIRITUAL WELLNESS

### 12pm: Happy Hips

See description on March 24. Complimentary • Garnet [📍](#)

### 1pm: Breathe Easy

See description on March 24. Complimentary • Garnet [📍](#)

### 2pm: Yoga Nidra From India

See description on March 24. \$20 per person • Garnet [📍](#)

### 3pm: Teaching: Intro to Ayurveda

See description on March 24. \$30 per person • Garnet [📍](#)

### 4pm: Classical Yoga

See description on March 24. \$40 per person • Garnet [📍](#)

# FITNESS & SPIRITUAL WELLNESS: MARCH 30-APRIL 5

## MONDAY, MARCH 30

### 11:30am: 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 

### 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, MARCH 31

### 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 body and mind with this spirited practice for all levels. \$20 per person • Woodlands Spa 

### 12:15pm: Bootcamp Express

No fluff. No wasted time. Just 30 minutes of full-throttle training that gets results. This high-energy bootcamp blends explosive bodyweight movements with functional training equipment to torch calories, build strength, and elevate endurance fast. You'll rotate through dynamic stations using tools like kettlebells, battle ropes, boxes, and bands — designed to challenge your entire body and keep your heart rate climbing. Every workout is efficient, empowering, and adaptable, making it perfect whether you're chasing performance gains or just want to feel strong and unstoppable. Come ready to sweat, work hard, and leave feeling accomplished. Complimentary • Woodlands Spa 

### 1:30pm: 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: 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, APRIL 1

### 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 

### 11:15am: Bootcamp Express

See description on March 31. Complimentary • Woodlands Spa 

### 1pm: Vin to Yin

See description on March 31. Complimentary • Woodlands Spa 

## THURSDAY, APRIL 2

### 9am: Vinyasa Krama

See description on March 24. Complimentary • Woodlands Spa 

### 10am: 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 

### 11am: Tabata Tone

See description on March 31. \$20 per person • Woodlands Spa 

## SPIRITUAL WELLNESS

### 12pm: Happy Hips

See description on March 31. Complimentary • Garnet 

### 1pm: Breathe Easy

See description on March 31. Complimentary • Garnet 

### 2pm: Yoga Nidra From India

See description on March 31. \$20 per person • Garnet 

### 3pm: Teaching: Intro to Ayurveda

See description on March 31. \$30 per person • Garnet 

### 4pm: Classical Yoga

See description on March 31. \$40 per person • Garnet 

## FRIDAY, APRIL 3

### 8:15am: Cardio Combo

See description on April 1. Complimentary • Woodlands Spa 

### 9am: Core Strength

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 

### 11:15am: Bootcamp Express

See description on March 31. \$20 per person • Woodlands Spa 

### 1pm: Vin to Yin

See description on March 31. Complimentary • Woodlands Spa 

## SATURDAY, APRIL 4

### 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: Core Strength

See description on April 3. Complimentary • Woodlands Spa 

### 10am: Studio 84 Yoga

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

### 11am: Tabata Tone

See description on March 31. \$20 per person • Woodlands Spa 

### 1pm: Vin to Yin

See description on March 31. Complimentary • Woodlands Spa 

## SUNDAY, APRIL 5

## SPIRITUAL WELLNESS

### 12pm: Happy Hips

See description on March 31. Complimentary • Garnet 

### 1pm: Breathe Easy

See description on March 31. Complimentary • Garnet 

### 2pm: Yoga Nidra From India

See description on March 31. \$20 per person • Garnet 

### 3pm: Teaching: Intro to Ayurveda

See description on March 31. \$30 per person • Garnet 

### 4pm: Classical Yoga

See description on March 31. \$40 per person • Garnet 