

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 special 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 and 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 well-being 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 [📍](#)

THURSDAY, APRIL 2

9am: Vinyasa Krama

See description on March 31. Complimentary • Woodlands Spa [📍](#)

10am: Tabata Tone

See description on March 31. \$20 per person • Woodlands Spa [📍](#)

12pm: Bootcamp Express

See description on March 31. \$20 per person • Woodlands Spa [📍](#)

1pm: Vin to Yin

See description on March 31. Complimentary • 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 from the inside out. An intermediate fitness level is helpful as the pace and shapes are fitness-based. \$20 per person • 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 [📍](#)

SUNDAY, APRIL 5

SPIRITUAL WELLNESS

12pm: Classical Yoga

See description on March 31. \$40 per person • Garnet [📍](#)

1pm: Teaching: Intro to Ayurveda

See description on March 31. \$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 31. \$20 per person • Garnet [📍](#)

4pm: Breathe Easy

See description on March 31. Complimentary • Garnet [📍](#)

FITNESS & SPIRITUAL WELLNESS: APRIL 6-12

MONDAY, APRIL 6

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 special 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, APRIL 7

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 [📍](#)

12:15pm: 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 [📍](#)

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: 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 well-being 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 8

11:15am: Bootcamp Express

See description on April 7. Complimentary • Woodlands Spa [📍](#)

12:30pm: Vin to Yin

See description on April 7. Complimentary • Woodlands Spa [📍](#)

THURSDAY, APRIL 9

9am: Vinyasa Krama

See description on April 7. Complimentary • Woodlands Spa [📍](#)

10am: Tabata Tone

See description on April 7. \$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 [📍](#)

12:15pm: Bootcamp Express

See description on April 7. \$20 per person • Woodlands Spa [📍](#)

SPIRITUAL WELLNESS

12pm: Happy Hips

See description on April 7. Complimentary • Garnet [📍](#)

1pm: Breathe Easy

See description on April 7. Complimentary • Garnet [📍](#)

2pm: Yoga Nidra From India

See description on April 7. \$20 per person • Garnet [📍](#)

3pm: Teaching: Intro to Ayurveda

See description on April 7. \$30 per person • Garnet [📍](#)

4pm: Classical Yoga

See description on April 7. \$40 per person • Garnet [📍](#)

FRIDAY, APRIL 10

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 [📍](#)

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 from the inside 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 April 7. \$20 per person • Woodlands Spa [📍](#)

1pm: Vin to Yin

See description on April 7. Complimentary • Woodlands Spa [📍](#)

SATURDAY, APRIL 11

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 10. 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 April 7. \$20 per person • Woodlands Spa [📍](#)

12:30pm: Vin to Yin

See description on April 7. Complimentary • Woodlands Spa [📍](#)

SUNDAY, APRIL 12

SPIRITUAL WELLNESS

12pm: Classical Yoga

See description on April 7. \$40 per person • Garnet [📍](#)

1pm: Teaching: Intro to Ayurveda

See description on April 7. \$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 April 7. \$20 per person • Garnet [📍](#)


4pm: Breathe Easy

See description on April 7. Complimentary • Garnet [📍](#)


FITNESS & SPIRITUAL WELLNESS: APRIL 13-19

MONDAY, APRIL 13


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 special 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, APRIL 14


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 

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 well-being 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 15

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 April 14. Complimentary • Woodlands Spa 

4pm: Vin to Yin


See description on April 14. Complimentary • Woodlands Spa 

THURSDAY, APRIL 16


9am: Vinyasa Krama

See description on April 14. Complimentary • Woodlands Spa 

10am: Tabata Tone

See description on April 14. \$20 per person • Woodlands Spa 

11:15am: Bootcamp Express


See description on April 14. \$20 per person • Woodlands Spa 

1pm: Vin to Yin


See description on April 14. Complimentary • Woodlands Spa 

SPIRITUAL WELLNESS

12pm: Happy Hips

See description on April 14. Complimentary • Garnet 

1pm: Breathe Easy

See description on April 14. Complimentary • Garnet 


2pm: Yoga Nidra From India

See description on April 14. \$20 per person • Garnet 

3pm: Teaching: Intro to Ayurveda

See description on April 14. \$30 per person • Garnet 

4pm: Classical Yoga


See description on April 14. \$40 per person • Garnet 

FRIDAY, APRIL 17


8:15am: Cardio Combo

See description on April 15. 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 from the inside 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 April 14. \$20 per person • Woodlands Spa 

4pm: Vin to Yin


See description on April 14. Complimentary • Woodlands Spa 

SATURDAY, APRIL 18


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 17. Complimentary • Woodlands Spa 


10am: Studio 84 Yoga

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

11:15am: Tabata Tone

See description on April 14. \$20 per person • Woodlands Spa 

12:30pm: Bootcamp Express

See description on April 14. \$20 per person • Woodlands Spa 

SUNDAY, APRIL 19

SPIRITUAL WELLNESS


12pm: Classical Yoga

See description on April 14. \$40 per person • Garnet 

1pm: Teaching: Intro to Ayurveda

See description on April 14. \$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 April 14. \$20 per person • Garnet 

4pm: Breathe Easy


See description on April 14. Complimentary • Garnet 

FITNESS & SPIRITUAL WELLNESS: APRIL 20-26


MONDAY, APRIL 20

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 


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 special 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 


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 

TUESDAY, APRIL 21

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

See description on April 20. Complimentary • Woodlands Spa 


1:15pm: Vin to Yin

See description on April 20. 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 well-being 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 22

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 R

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 April 20. Complimentary • Woodlands Spa 

1pm: Vin to Yin


See description on April 20. Complimentary • Woodlands Spa 

THURSDAY, APRIL 23

9am: Vinyasa Krama

See description on April 21. Complimentary • Woodlands Spa 

10am: Tabata Tone


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

11:30am: Bootcamp Express


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

SPIRITUAL WELLNESS


12pm: Happy Hips

See description on April 21. Complimentary • Garnet 

1pm: Breathe Easy

See description on April 21. Complimentary • Garnet 

2pm: Yoga Nidra From India

See description on April 21. \$20 per person • Garnet 

3pm: Teaching: Intro to Ayurveda

See description on April 21. \$30 per person • Garnet 

4pm: Classical Yoga


See description on April 21. \$40 per person • Garnet 

FRIDAY, APRIL 24

8:15am: Cardio Combo


See description on April 22. 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 April 20. \$20 per person • Woodlands Spa 

1pm: Vin to Yin

See description on April 20. Complimentary • Woodlands Spa 

SATURDAY, APRIL 25

11:15am: Tabata Tone

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

12:30pm: Bootcamp Express

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

SUNDAY, APRIL 26

11:15am: Bootcamp Express


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

1pm: Vin to Yin

See description on April 20. Complimentary • Woodlands Spa 

SPIRITUAL WELLNESS


12pm: Happy Hips

See description on April 21. Complimentary • Garnet 


1pm: Breathe Easy

See description on April 21. Complimentary • Garnet 

2pm: Yoga Nidra From India

See description on April 21. \$20 per person • Garnet 

3pm: Teaching: Intro to Ayurveda

See description on April 21. \$30 per person • Garnet 


4pm: Classical Yoga

See description on April 21. \$40 per person • Garnet 


FITNESS & SPIRITUAL WELLNESS: APRIL 27-MAY 3

MONDAY, APRIL 27


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, APRIL 28


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 and 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 • Malachite 


1pm: Yoga Nidra From India

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


2pm: Breathe Easy

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

3pm: 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 • Malachite 

4pm: Teaching: Intro to Ayurveda


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

WEDNESDAY, APRIL 29

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 April 28. Complimentary • Woodlands Spa 

1pm: Vin to Yin

See description on April 28. Complimentary • Woodlands Spa 

THURSDAY, APRIL 30

9am: Vinyasa Krama

See description on April 28. Complimentary • Woodlands Spa 

10am: Tabata Tone


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

11:15am: Bootcamp Express


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

SPIRITUAL WELLNESS


12pm: Happy Hips

See description on April 28. Complimentary • Malachite 


1pm: Breathe Easy

See description on April 28. Complimentary • Malachite 


2pm: Yoga Nidra From India

See description on April 28. \$20 per person • Malachite 

3pm: Teaching: Intro to Ayurveda

See description on April 28. \$30 per person • Malachite 

4pm: Classical Yoga


See description on April 28. \$40 per person • Malachite 

FRIDAY, MAY 1


8:15am: Cardio Combo

See description on April 29. 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 from the inside 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 April 28. \$20 per person • Woodlands Spa 

1pm: Vin to Yin

See description on April 28. Complimentary • Woodlands Spa 

SATURDAY, MAY 2

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 May 1. Complimentary • Woodlands Spa 

10am: Studio 84 Yoga

See description on April 29. \$20 per person • Woodlands Spa 

11am: Tabata Tone

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

1pm: Vin to Yin

See description on April 28. Complimentary • Woodlands Spa 

SUNDAY, MAY 3

SPIRITUAL WELLNESS

12pm: Happy Hips

See description on April 28. Complimentary • Garnet 


1pm: Breathe Easy

See description on April 28. Complimentary • Garnet 

2pm: Yoga Nidra From India

See description on April 28. \$20 per person • Garnet 

3pm: Teaching: Intro to Ayurveda

See description on April 28. \$30 per person • Garnet 

4pm: Classical Yoga

See description on April 28. \$40 per person • Garnet 