



Group Wellness Offerings

YOGA CLASS MENU

Yoga Sculpt: Yoga Sculpt is a musically driven class intensified by incorporating light weights and short, low-impact cardio bursts to increase cardio-respiratory endurance, strength and flexibility! It is an excellent way to create long, lean muscle, encouraging the participant to feel energized and uplifted.

Restorative Yoga: Restorative Yoga is a restful practice that encourages mental, emotional, and physical relaxation. It incorporates props to completely support the body and allow the mind to slow down and truly rest. Each pose is held for 3-10 minutes to release tension and allow the nervous system to fall into a state of deep relaxation. It is an excellent antidote to stress and promotes sleep, lasting mindfulness, and inner healing.

Aromatherapy Yoga: A therapeutic yoga practice that incorporates aromatherapy to enhance your experience and add the healing benefits of pure essential oils and fragrances. This class will awaken your senses as you flow through gentle yoga asanas (poses) that encourage deep relaxation and inner peace.

Candlelight Yoga: Candlelight Yoga is a gentle, slow-flow yoga class that encourages mindfulness with a deep, relaxing, guided meditation. This class incorporates breathwork (pranayama) with gentle stretching to make the body and spirit feel well-rested and at peace. The ambient light creates a tranquil, healing space for the participant to surrender and live in the moment truly. This class may sometimes incorporate crystal singing bowls and optional reiki to enhance its healing modalities.

Sunrise Yoga: Begin your day with clarity and purpose as you awaken your senses and enlighten your spirit under the delicate rays of the morning sun. This class invites you to set the tone of your day as you flow through a series of yoga asanas (poses) while peacefully guiding your mind to become calm and at ease. By practicing sunrise yoga, you allow your body to naturally wake and promote lasting benefits of mindfulness that trickle throughout your day.

Sunset Yoga: Conclude your day as the golden hues of the sun kiss the earth, allowing its warmth to ground you and fill your heart with gratitude. Immerse yourself in a soothing yoga practice as you drift into restful state of mind through gentle asanas (poses), guided meditation and breathwork (pranayama). Inhale the beauty of the blessings you received throughout your day, exhale what you chose to leave behind as the sun sets.

Yoga Meditation: Yoga Meditation is a slow-flow vinyasa yoga class with guided meditation. This class begins with sun salutations, allowing the participants to connect their body to their breath. It ends with gentle stretching followed by a restful guided meditation to let the mind, body and spirit feel well-rested and at peace. Often, this class may incorporate crystal singing bowls and optional reiki to enhance its healing modalities.



MIND AND BODY CLASS MENU

Mat Pilates: Mat Pilates is a full-body workout that uses minimal equipment to build strength and increase flexibility. This class teaches the participant to connect the breath with each movement to target the deep torso muscles which support the spine. It is an excellent way to manage joint pain, prevent injuries and is often used as a prerequisite for Reformer Pilates as it is accessible to all fitness levels.

Sound Bath Meditation: Embark on a journey and unplug from the external world as you turn inward and transition into a dreamlike state of mind. This immersive experience is curated to unwind the mind and invite deep relaxation through the therapeutic power of sound and guided meditation. Slip into a state of serenity and surrender as you restore the harmonious flow between your inner and outer self. This class incorporates sipping a Traditional Chinese Medicine (TCM) elemental tea, while setting intentions and manifestations for your day. Crystal singing bowls, shamanic drums, chimes, gongs, essential oils and smudges are often included during this experience.

Tai Chi: Tai Chi is a standing meditation martial art that combines movement and deep controlled breathing to create harmony between the body and the mind. This class is excellent for those seeking to improve balance, reduce stress and enhance their quality of life by igniting the flow of chi (life-force) that runs throughout our being.

Chuan Auricular Workshop: Acupressure points are stimulated to address a variety of health conditions. Gold plated ear seeds will be applied to acupressure points of the ear by our expert Therapist. Through the acupressure points, an increase to the flow of circulation will nurture, heal and restore the body.

Elemental Mixology: Our expert Therapist will guide an interactive sensory journey highlighting the Five Elemental oils. Each individual is encouraged to find the most desirable aroma blend that resonates within. Curate your own uniquely customized blended body polish to enjoy home.

Aromatherapy Workshop: Learn the art of TMC Elemental aromatherapy, designed to cater to an imbalance of your mind and body. Our elemental focuses are Fire, Earth, Metal, Water, and Wood.

Chair Massage Indulgence: Relieve tension in your shoulders and neck with moments of relaxation and targeted massage technique.

Urban Historical Hike

Stroll through the historic grounds of The Langham Huntington, Pasadena, opened in 1914 and spanning 23 acres. During this urban historical hike, you will tour landmarks such as the Viennese and Georgian Ballrooms, The Lanai Pool, The Royce Pool, The Terrace, Tap Room bar, Lobby Lounge (Afternoon Tea), The Royce Steakhouse, Chuan Spa and Fitness Center, Hotel Lobby, Courtyard, Picture Bridge, and Horseshoe and Japanese Gardens. As the heart of the community, it is our privilege to share the home to many iconic films with our guests and encourage them build their own great memories that last a lifetime. **Please note, each tour is unique due to our daily scheduled events and some outlets may not be available.*

Pricing

- 1-4 Guests, 50 minutes \$235 | 80 minutes \$335
- 5-12 Guests, 50 minutes \$499 | 80 minutes \$630
- 12-18 Guests, 50 minutes \$630 | 80 minutes \$800

The location varies by size of group and weather permitting.



PERSONAL TRAINING

Private Wellness: A one-on-one customized experience with a certified Personal Trainer, tailored to the individual's needs, wants and goals. Our staff is educated to help you become the best version of yourself and create a healthy relationship with movement that encourages a lifelong fitness journey.

50/80 Minutes | \$140/\$235 per person

Please email tlax.spa@langhamhotels.com to confirm your wellness booking.