



PILATES AND GARDEN WELLNESS PROGRAM July 1st - Oct 31st

Explore the outdoors this summer with our curated garden wellness classes.

- *Perks:* Please indulge in our spa amenities. We invite you to use our steam room, sauna, and spa tub. Amenities can be enjoyed up to 2-hour access when a fitness experience is booked.
- *Cancellation Policy:* All cancellations and amendments must be done at least 24 hours prior to your booking. Any late cancellations or no-shows will be charged the full amount.
- *Parking:* Please note that self-parking and street parking are not permitted. Spa guests enjoy a reduced valet parking rate of US\$15. You may obtain validation from the spa reception desk.
- *Minimum Age:* The spa and fitness studio are only available for guests 16 years and older.

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.

50 Minutes | \$45.00 Per Person

Sound Bath Meditation: Embark on a journey and unplug from the external world as you turn inward and transition into a dreamlike state. 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 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.

50 Minutes | \$45.00 Per Person

Aromatherapy Yoga: This therapeutic yoga practice 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.

50 Minutes | \$45.00 Per Person

Tai Chi: A standing meditation martial art that combines movement and deep controlled breathing to create harmony for the body and mind.

50 Minutes | \$45.00 Per Person

Reformer Pilates: Uses both classical and contemporary techniques that focus on strengthening the core postural muscles which are essential to providing support for the spine.

50 Minutes | \$45.00 Per Person

Sunrise Core: This energizing class invites you to set the tone of your day. Incorporates constantly-varied, functional movements and low-impact cardio with minimal equipment such as resistance bands.

50 Minutes | \$45.00 Per Person