



STONEDRIFT SPA

Autumn Group Classes



We invite you to indulge in our luxurious spa amenities before or after your wellness experience. We recommend arriving 30 minutes early for the check-in process and to fully unwind to make the most of your experience. With any class or service, you will enjoy full-day access to our serene spa oasis. As a finishing touch, savor a complimentary refreshment following your session.

Friday, September 12th at 9:30am | \$40

60-min Yin Restorative Rest & Reset Yoga Flow with Christy

Friday, September 26th at 2:30pm | \$40

60-min Gentle Distress & Unwind Yoga Flow with Christy

Thursday, October 2nd at 3:00pm | \$40

60-min Restorative Yoga Flow with Christy

Friday, October 17th at 2:30pm | \$40

60-min Gentle Slow Paced Restorative Yoga Flow with Christy

Friday, October 24th at 9:00am | \$40

60-min Hatha Yoga Flow with Christy

Thursday, November 6th at 3:00pm | \$40

60-min Aromatherapy Yoga Flow with Christy

Thursday, November 13th at 2:30pm | \$40

60-min Chair Yoga with Christy

Friday, November 21st at 2:30pm | \$40

60-min Yin/Restorative Blend Yoga with Christy

Wednesday, November 26th at 2:30pm | \$40

60-min Love & Gratitude Yoga & Meditation with Christy