



Autumn Group Offerings



We invite you to enjoy our luxurious spa amenities before or after your service. We recommend arriving 30 minutes early to check in and fully unwind. With any class or service, you'll receive full-day access to our serene spa oasis, along with a complimentary refreshment after your session. For booking, please contact the Stonedrift Spa Front Desk directly at 815-776-5772, or email Christy Lenaers, Wellness Coordinator, at clenaers@eagleridge.com

Friday, September 4th at 2:00-3:30 PM | \$60
Labor of Love: A Journey into Rest | 30-min Yin Yoga & 50-min Sound Healing with Christy

Friday, September 11th at 2:00-3:30 PM | \$60
80-min Class: 30-min Restorative Yoga & 50-min Sound Healing with Christy

Sunday, September 13th at 9:00-10:00 AM | \$100 Introductory
60-min Float & Sound Healing (Located at Pool in Main Lodge)
Fruit & Refreshments Served - Spa access not included

Thursday, October 1st at 2:00-3:00 PM | \$60
60-min Restorative Yoga Flow with Christy

Wednesday, October 7th at 9:00-10:00 AM | \$100 Introductory
60-min Float & Sound Healing (Located at Pool in Main Lodge)
Fruit & Refreshments Served - Spa access not included

Friday, October 16th at 2:30-3:30 PM | \$40
60-min Gentle Slow Paced Restorative Yoga Flow with Christy

Thursday, November 5th at 9:30-10:30 PM | \$40
60-min Yogalates with Christy

Friday, November 13th at 2:00-3:30 PM | \$60
80-min Class: 30-min Restorative Yoga & 50-min Sound Healing with Christy

Thursday, November 19th at 9:30-10:30 | \$40
60-min Yin/Restorative Blend Yoga with Christy

Wednesday, November 25th at 2:00-3:00 | \$40
60-min Love & Gratitude Yin/Restorative Blend Yoga Flow & Meditation with Christy