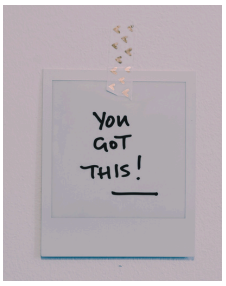
STONEDRIFT
SPA

WINTER WELLNESS GROUP CLASSES

Enjoy full-day access to our luxurious spa amenities with most classes, plus a complimentary post-session refreshment. We recommend arriving 30 minutes early to check in and unwind. To reserve, please contact the Stonedrift Spa Front Desk at 815-776-5772 or Christy Lenaers, Wellness Coordinator, at clenaers@eagleridge.com.







Saturday, December 5th from 2:00-3:30PM | $60

80-min Class: 30-min Restorative Yoga & 50-min Sound Bath with Christy

Luminary Weekend | $100 Introductory Rate: Per person, Per Session

Illuminating the Season with Peace and Tranquility

Featuring two 60-minute Candlelight Luminary Float & Sound Healing Meditation Sessions with Christy

Friday, December 11th · 4–5 PM
Saturday, December 12th · 9–10 AM

Guests will enjoy a serene floating experience aboard rafts in the Main Lodge pool. Includes a complimentary spa gift, eye pillow, and bottled water. Spa amenity access is not included.

Friday, January 1st from 2:00-3:00 PM | $40

60-min Happy New Year! Letting Go & Resetting: Restorative Yoga Flow with Christy

Friday, January 8th from 4:00-5:00 PM | $100 Introductory Rate

60-min Candlelight Float & Sound Healing Meditation with Christy

Guests will enjoy a serene floating experience aboard rafts in the Main Lodge pool. Includes a complimentary spa gift, eye pillow, and bottled water. Spa amenity access is not included.

Friday, January 15th from 1:00-2:00 PM | $40

60-min Start of the New Year & New You: Yin/Restorative Blend with Christy

Sunday, February 7th from 9:00-10:00AM | $100 Introductory Rate

60-min Candlelight Float & Sound Healing Meditation with Christy

Guests will enjoy a serene floating experience aboard rafts in the Main Lodge pool. Includes a complimentary spa gift, eye pillow, and bottled water. Spa amenity access is not included.

Wednesday, February 3rd from 2:00-3:00PM | $40

60-min Self love Restorative Yoga Flow with Christy

Friday, February 12th from 2:00-3:00PM | $40

60-min Love, Connection & Peace Yin/Restorative Blend Flow with Christy