



STONEDRIFT SPA

Winter 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, December 5th at 2:30 PM | \$40

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

Saturday, December 13th at 8:30 AM | \$40

60-min Candlelight Luminary: Lit from Within Self-Love Yin Restorative
Yoga with Christy

Thursday, December 18th at 3:00 PM | \$40

60-min Gentle Distress & Unwind Yoga Flow with Christy

Friday, January 2nd at 3:00 PM | \$40

60-min Restorative Yoga Flow for the New Year — Letting Go &
Resetting with Christy

Sunday, January 4th at 9:00 AM | Introductory Rate \$100

Float & Sound Meditation with Christy
(Located at the Indoor Pool in the Main Inn)

Sunday, February 15th at 8:30 AM | \$40

60-min Self Love Restorative Yoga Flow with Christy

Guests can contact the Stonedrift Spa Front Desk directly at 815.776.5021 or email Christy Lenaers, Wellness Coordinator, at clenaers@eagleridge.com.