

STONEDRIFT SPA WELLNESS OFFERINGS



**We recommend taking advantage of our spa amenities before or after your wellness services. You will receive all day spa access with any class or service.
Receive a complimentary refreshment following the class.**

**Sunday December, 15 @ 9:30AM | \$40.00
Deep Relaxation Flow**

**Friday December, 20 @ 2:30PM | \$40.00
Yin/Restorative Yoga Blend**

**Friday January, 3 @ 9:30AM | \$40.00
New Year, New Me - Aromatherapy Hatha Yoga Flow**

**Friday January, 17 @ 2:00PM | \$40.00
Letting Go & Resetting - Yin/Restorative Yoga and Meditation Blend**

**Friday February, 14 @ 2:30PM | \$40.00
Ground & Release - Yin/Restorative Yoga and Meditation Blend**

**Sunday March, 2 @ 9:00AM | \$40.00
Lower Body Group Stretching Class**