

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.**

**Friday June, 14 @ 10AM | \$40.00
Yin/Resorative Yoga Blend**

**Saturday June, 22 @ 2PM | \$40.00
Yin/Resorative Yoga Blend**

**Friday July, 5 @ 1:30PM | \$40.00
Beginner Restorative Yoga for Independence and Self Love**

**Friday July, 12 @ 10A | \$40.00
Beginner Gentle Yoga Flow**

**Friday August, 9 @ 9A | \$40.00
Aromatherapy Hatha Flow**

**Friday August, 16 @ 2PM | \$40.00
Yoga Flow with Sun Salutations A,B, & C**

**Friday August, 30 @ 9AM | \$40.00
Stress Reduction Slow Flow**