

RANCHO
SANTANA

WEEKLY YOGA SCHEDULE

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
	Pilates 8:00 AM		Pilates 8:00 AM		Yoga Drills 8:00 AM	Flexibility & Flow 8:00 AM
Vinyasa 9:00 AM	Vinyasa 10:00 AM		Gentle Flow 10:00 AM	Vinyasa 9:00 AM	Vinyasa 10:00 AM	Renew & Restore 10:00 AM
Gentle Flow 5:30 PM		Gentle Flow 5:30 PM				

VINYASA YOGA

A dynamic flow that syncs breath and movement, creating fluidity in the mind and body.

GENTLE FLOW

A slower-paced flow linking breath & movement.

YOGA DRILLS

A strength and mobility workout based on yoga calisthenics that will help you discover new ways to exercise.

FLEXIBILITY & FLOW

Improve your range of motion with a fiery flow to deepen your flexibility.

RENEW & RESTORE

A restorative meditative practice of gentle deep stretches targeting the deep connective tissues of the body.

DROP IN CLASS - \$25 EACH

PRIVATE CLASSES ARE - \$80 FOR 2 PEOPLE

\$20 PER PERSON AFTER THE INITIAL \$80 FEE

IF YOU ARE AN OWNER ASK ABOUT OUR 10-CLASS PACKAGE
ALL CLASSES WELCOME ALL LEVELS OF YOGIS.



WE RECOMMEND REGISTERING IN ADVANCE TO ENSURE YOUR SPACE DURING YOUR STAY. THIS EXPERIENCE IS SUBJECT TO A 15% TAX. FOR MORE INFORMATION OR TO MAKE A RESERVATION, KINDLY CONTACT [SPA@RANCHOSANTANA.COM](mailto:spa@ranchosantana.com)