



YOGA & FITNESS

BARRE FUSION

Low-impact, high-rep class to tone and strengthen glutes, legs, arms, and core.

HATHA & SOUND

A gentle, foundational practice combining basic postures (asanas), breathing techniques (pranayama), and relaxation, ending with a restorative sound session.

PILATES

A mat-based exercise using body weight to perform controlled movements, strengthening the core, improving flexibility, and supporting overall balance and alignment.

RESTORATIVE YOGA

A slow, gentle practice using full prop support to allow effortless release for a complete nervous system reset.

VINYASA YOGA

A dynamic flow that synchronizes breath and movement, creating a continuous rhythm that builds strength, flexibility, and focus.

YIN YOGA

A slow, meditative practice of long-held postures that gently target the body's deeper connective tissues.

YOGALATES

A blend of yoga and Pilates for core strength, flexibility, and posture.

WELLNESS WEDNESDAY

A private elemental experience with QiGong inspired movements, breath, meditation and sound.

ON WEDNESDAYS | **THE SPA IN EL BOSQUE**

7 AM - 8:15 AM | **UP TO 4 GUESTS**

1-2 PERSON: C\$3,663 / US\$100

3 PEOPLE: C\$4,761 / US\$130

4 PEOPLE: C\$5,860 / US\$160

This experience is subject to availability, please register no later than Tuesday at noon.

MONTHLY SPECIAL

TREAT DAD THIS FATHER'S DAY

AVAILABLE THROUGHOUT JUNE

THE SPA IN EL BOSQUE

C\$6,849 / US\$187

Ease muscle tension and improve mobility with an 80-minute Athletic Massage designed to encourage deep relaxation and recovery; followed by a cold beer to unwind afterward.

WELLNESS SCHEDULE

JUNE 1ST - JUNE 19TH

RANCHO SANTANA

▶ MONDAY	9AM: VINYASA YOGA	—
▶ TUESDAY	8AM: PILATES	5:30PM: YIN YOGA
▶ WEDNESDAY	7AM - 8:15AM WELLNESS WEDNESDAY* <i>Advance registration required.</i> 9AM: BARRE FUSION	—
▶ THURSDAY	8AM: PILATES	5:30PM: YIN YOGA
▶ FRIDAY	9AM: VINYASA YOGA	—
▶ SATURDAY	8AM: HATHA & SOUND	—
▶ SUNDAY	9AM: RESTORATIVE YOGA	5:30PM: YOGALATES

DROP IN CLASS C\$919 / US\$25 EACH

PRIVATE CLASSES C\$2,930 / US\$80 FOR 2 PEOPLE

C\$732 / US\$20 PER PERSON AFTER THE INITIAL C\$2,930 / US\$80 FEE

ALL CLASSES WELCOME ALL LEVELS.

FOR MORE INFORMATION ABOUT CLASSES PLEASE CONTACT: SPA@RANCHOSANTANA.COM