RANCHO SANTANA

EXPLORE

YOGA & FITNESS

CARDIO DANCE FITNESS

A spicy fusion of movement, rhythm and fitness to uplifting Latin beats.

HATHA YOGA

A gentle, foundational practice combining basic postures (asanas), breathing techniques (pranayama), and relaxation.

HATHA FLOW

Combines the foundational aspects of Hatha yoga with flowing movements, emphasizing mindful transitions and breath awareness.

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.

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 20TH - JUNE 30TH

RANCHO SANTANA

▸ **MONDAY**	**9AM:** VINYASA YOGA	—
▸ **TUESDAY**	**8AM:** PILATES	**5:30PM:** YIN YOGA
▸ **WEDNESDAY**	**9AM:** HATHA FLOW	—
▸ **THURSDAY**	**8AM:** PILATES	**5:30PM:** YIN YOGA
▸ **FRIDAY**	**9AM:** VINYASA YOGA	**5PM:** CARDIO DANCE FITNESS
▸ **SATURDAY**	**8AM:** HATHA YOGA	—
▸ **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