



YOGA & FITNESS

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	—	5:30PM: YIN YOGA
▶ WEDNESDAY	9AM: HATHA FLOW	—
▶ THURSDAY	8AM: PILATES	5:30PM: YIN YOGA
▶ FRIDAY	9AM: VINYASA YOGA	—
▶ SATURDAY	8AM: HATHA YOGA	—
▶ SUNDAY	9AM: RESTORATIVE YOGA	5:30PM: YOGALATES <i>June 21st only</i>

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