Rancho de los Caballeros Resort



Wellness Schedule

Wellness • Healing • Balance | October - November

TUE	**10:30am – 11:30am Desert Blend: Stretch, Flow & Balance** In the Bunk House with Christina
WED	**8:30am – 9:30am Sunlit Stillness: Breathwork** By the Pool with Christina
THU	**10:30am – 11:30am Restorative Yoga** In the Bunk House with Christina
	7:30pm – 8:30pm Moonwater Resonance: Floating Sound Bath At the Pool with Christina. Includes a complimentary glass of wine or mocktail
FRI	**8:15am – 9:15am Sunlit Stillness: Breathwork** By the Pool with Christina
	9:30am – 10:30am Desert Blend: Stretch, Flow & Balance By the Pool with Chrtistina
SAT	**10:30am – 11:25am Rise & Revive: Breathwork** In the Bunk House with Christina
	11:30am – 12:30pm Vinyasa Yoga Flow In the Bunk House with Christina
SUN	**6:00pm – 7:00pm Candlelight Yin/Restore Yoga** In the Bunk House with Christina

Wear comfortable yoga or lounge wear to all classes.

For outdoor classes, please bring water and pre-applied sun protection.

Please call Concierge to reserve your space.
928-684-4872

All classes are $20pp with the exception of the Sound Bath at $40pp.

Your mat and other props will be provided.