

WELLNESS AT THE RANCH



RANCHO DE LOS CABALLEROS
1551 S. VULTURE MINE RD.

TUESDAY

9am - Desert Blend: Stretch, Flow, and Balance at the Bunk House with Emily

WEDNESDAY

6pm - Restorative Yoga at the Bunk House with Emily

THURSDAY

9am - Desert Blend at the Bunk House with Emily

Notes:

All classes are \$20.

Your mat and other props will be provided.

All classes are 1 hour except breathwork, which is 45 minutes.

All classes at the Spa will be outdoors.

Please bring water and sun protection for outdoor classes, if you'd like.

Please arrive to class 5 minutes early.

Wear comfortable yoga or lounge wear for all classes.

Please call Concierge to reserve your space.

(928) 684-4872