

Elevate your spa day... with classes and programs, ranging from fitness, yoga, and cooking to botanical tours and live performances—all included* with your spa admission and part of our ongoing commitment to your greater health and wellness.

*Schedule subject to change. *A minimal materials fee applies to some classes.*

SUNDAY

MONDAY

TUESDAY

WEDNESDAY

THURSDAY

FRIDAY

SATURDAY



NOVEMBER 2011

6
Water Aerobics, 11:30 P
Guided Labyrinth, 12:30 L
Kundalini Yoga, 1:00 F

7
Water Aerobics, 11:30 P
Botanical Tour, 12:00 T
Guided Labyrinth, 12:30 L

13
Water Aerobics, 11:30 P
Guided Labyrinth, 12:30 L
Kundalini Yoga, 1:00 F
Blue Violet Trunk Show T

14
Water Aerobics, 11:30 P
Botanical Tour, 12:00 T
Guided Labyrinth, 12:30 L
Planting a Winter Garden
2:00, R

20
Joy for Beginners Book Club &
Cooking Class, 10:30 R
Water Aerobics, 11:30 P
Guided Labyrinth, 12:30 L
Kundalini Yoga, 1:00 F
Jewelry Trunk Show T

21
Water Aerobics, 11:30 P
Botanical Tour, 12:00 T
Guided Labyrinth, 12:30 L

27
Water Aerobics, 11:30 P
Guided Labyrinth, 12:30 L
Kundalini Yoga, 1:00 F

28
Water Aerobics, 11:30 P
Botanical Tour, 12:00 T
Guided Labyrinth, 12:30 L

8
Water Aerobics, 11:30 P
Botanical Tour, 12:00 T
Guided Labyrinth, 12:30 L
Tai Chi/Qi Gong, 1:00 F
Aromatherapy Basics, 2:00 T

15
Water Aerobics, 11:30 P
Botanical Tour, 12:00 T
Guided Labyrinth, 12:30 L
Tai Chi/Qi Gong, 1:00 F

22
Sushi Making Class, 10:30 S
Water Aerobics, 11:30 P
Botanical Tour, 12:00 T
Guided Labyrinth, 12:30 L
Tai Chi/Qi Gong, 1:00 F

29
Water Aerobics, 11:30 P
Botanical Tour, 12:00 T
Guided Labyrinth, 12:30 L
Tai Chi/Qi Gong, 1:00 F
Aromatherapy Basics, 2:00 T

2
Water Aerobics, 11:30 P
Botanical Tour, 12:00 T
Guided Labyrinth, 12:30 L
Tai Chi/Qi Gong, 1:00 F

9
Theta Yoga, 11:00 F
Water Aerobics, 11:30 P
Botanical Tour, 12:00 T
Guided Labyrinth, 12:30 L
Tai Chi/Qi Gong, 1:00 F
ThetaHealing Sessions,
Throughout the Day

16
Water Aerobics, 11:30 P
Botanical Tour, 12:00 T
Guided Labyrinth, 12:30 L
Tai Chi/Qi Gong, 1:00 F

23
Water Aerobics, 11:30 P
Botanical Tour, 12:00 T
Guided Labyrinth, 12:30 L
Tai Chi/Qi Gong, 1:00 F

30
Lets Make Cake Pops! 10:30 R
Water Aerobics, 11:30 P
Botanical Tour, 12:00 T
Guided Labyrinth, 12:30 L
Tai Chi/Qi Gong, 1:00 F

3
Water Aerobics, 11:30 P
Botanical Tour, 12:00 T
Guided Labyrinth, 12:30 L
Hatha Yoga, 1:30 F
Thanksgiving Centerpieces
2:00, R

10
Sushi Making Class, 10:30 S
Water Aerobics, 11:30 P
Botanical Tour, 12:00 T
Guided Labyrinth, 12:30 L
Hatha Yoga, 1:30 F

17
Water Aerobics, 11:30 P
Botanical Tour, 12:00 T
Guided Labyrinth, 12:30 L
Acupressure Stress Relief, 1:00 T
Hatha Yoga, 1:30 F
Thanksgiving Centerpieces
2:00, R

24
Happy Thanksgiving
We will be
closed today.

4
How to Cook a Turkey, 10:30 R
Water Aerobics, 11:30 P
Botanical Tour, 12:00 T
Guided Labyrinth, 12:30 L
Hatha Yoga, 1:30 F
ThetaHealing Sessions,
Throughout the Day

11
TI – TI Meditation, 11:00 T
Water Aerobics, 11:30 P
Botanical Tour, 12:00 T
Guided Labyrinth, 12:30 L
Hatha Yoga, 1:30 F

18
Water Aerobics, 11:30 P
Botanical Tour, 12:00 T
Guided Labyrinth, 12:30 L
Hatha Yoga, 1:30 F

25
Water Aerobics, 11:30 P
Botanical Tour, 12:00 T
Guided Labyrinth, 12:30 L
Hatha Yoga, 1:30 F
ThetaHealing Sessions,
Throughout the Day

5
Hatha Yoga, 11:00 F
Water Aerobics, 11:30 P
Guided Labyrinth, 12:30 L
Hatha Yoga, 1:00 F

12
Hatha Yoga, 11:00 F
Water Aerobics, 11:30 P
Guided Labyrinth, 12:30 L
Hatha Yoga, 1:00 F
Blue Violet Trunk Show T

19
Hatha Yoga, 11:00 F
Water Aerobics, 11:30 P
Guided Labyrinth, 12:30 L
Hatha Yoga, 1:00 F
Jewelry Trunk Show T

26
Hatha Yoga, 11:00 F
Water Aerobics, 11:30 P
Guided Labyrinth, 12:30 L
Hatha Yoga, 1:00 F

Retreat... at Glen Ivy for an extended weekend.

November 18-20 Body, Mind & Spirit Renewal with Anke Banderski

January 13 – 15, 2012 Coming Back to the Self: Three Days of Bliss & Rejuvenation for Women with Julie Cara Hoffenberg

January 13-15 Santa Ana Mountain Retreat with Patrick Mitchell