



Complimentary Wellness Classes

Elevate your wellbeing through curated sessions led by our visiting practitioners.

MON	Hatha Yoga 8AM - 9AM
WED	Deep Stretching 4PM - 5PM

- Limited seats per session. Advanced reservation required.
- For reservations, dial '0' from your in-room phone or visit the main reception.
- Please meet at the hotel lobby 10 minutes prior to class.

PODCAST

Breathwork moments across your stay

Morning – awaken your energy

Midday – restore your focus

Evening – unwind into stillness

*Scan and explore our
Mindfulness podcasts.*

