

# WELLNESS CLASS MENU

## MOVEMENT STUDIO

### 10AM TUESDAY: ESSENTIAL OILS

*Experience the therapeutic benefits of essential oils. Let aromatic practices enhance relaxation, clarity, and rejuvenation for your body and mind.*

### 10AM WEDNESDAY: GOOD VIBRATIONS

*Relax with sound therapy that uses resonant tones and frequencies to restore balance, reduce tension, and deepen relaxation.*

### 10AM THURSDAY: ACUPUNCTURE & ENERGY WORK

*A restorative session combining acupuncture, crystal bowls, and energy work to restore balance and support natural healing.*

### 9AM SATURDAY: YOGA

*A grounded yoga practice to stretch, align, and center your body and mind for a calm, focused start of your weekend.*

### 9AM SUNDAY: MOVEMENT CLASS

*Move with intention in this full-body movement class to improve mobility, strength, and flexibility, leaving you refreshed and energized for the week ahead.*

## LAP POOL

### 10AM MONDAY: SOUND IMMERSION FLOAT

*Float weightlessly in the lap pool, surrounded by soothing sound vibrations that promote relaxation, reduce stress, and enhance well-being.*

**SIGN UP AT THE FRONT DESK**

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**THE ELMS**

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HOTEL & SPA