



LIVE FOR

THE

*Present*

August Calendar



# *Pilates Mat Classes*

August 09th

2:30 pm - 3:30 pm

At Yoga Studio

Learn about the principles of classical Pilates with contemporary movement principles and techniques

**\$50 USD - 60 minutes class**

Minimum 3 guest

Please register at Front Desk





# *Mocktails lesson*

August 10th

3:00 pm - 3:30 pm

At Sol Terrace Bar

Mix It Up: Create Your Own  
Refreshing Mocktails.

Included in your stay  
Please register at Front Desk





*Guided Nature Hike*

August 12th

8:45 am - 10:00 am

Quartz Mountain

Included in your stay  
Please register at Front Desk



A woman is seen from behind, sitting in a yoga pose on a grassy hill. She is wearing a black sports bra and patterned leggings. The background features a scenic view of a lake, mountains, and a clear blue sky. The text is overlaid on a white semi-transparent rectangle.

# *Balance is the Key*

August 14th

5:30 pm - 6:30 pm

At Spa Living Room

“Mindful Wellness: Integrating Body,  
Mind, and Spirit”

Included in your stay  
Please register at Front Desk



# *Mocktails lesson*

August 17th

3:00 pm - 3:30 pm

At Sol Terrace Bar

Mix It Up: Create Your Own  
Refreshing Mocktails.

Included in your stay  
Please register at Front Desk





# *Sound Healing*

August 18th

5:30 pm - 6:00 pm

At Yoga Studio

Listen to your heart and the sounds of the wind  
in our meditation space.

Included in your stay  
Please register at Front Desk





*Guided Nature Hike*

August 21st

8:45 am - 10:00 am

Quartz Mountain

Included in your stay  
Please register at Front Desk





# *Sound Healing*

August 22th

5:30 pm - 6:00 pm

At Yoga Studio

Listen to your heart and the sounds of the wind  
in our meditation space.

Included in your stay  
Please register at Front Desk