

JANUARY

Healthy Weight Awareness Month



SUN	MON	TUES	WED	THU	FRI	SAT
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 26 	27	28	29	30	31	

JANUARY WORKSHOPS

Aqua Luna Full Moon Ritual

Friday January 10th 5:00pm

Join Susi in a deeply relaxing and meditative honoring of our energetic connections to the air, earth, fire, water and moon! This Full Moon Bathing Ritual is set in the body temperature Watsu Pool of the Fairmont Sonoma Willow Stream Spa, and is nothing short of magical. Floating flowers and candles set the tone for deep relaxation and light the way to your wellness connection under the light of the full moon.

Yin/Yang Yoga - Cultivating Intention for the New Year

Sunday January 12th 10:00am-12:00pm

Yin/Yang yoga is a practice that balances the slow-paced Yin yoga with the traditional Yang yoga (Ashtanga and Hatha). Yin/Yang yoga has its roots in China in the Taoist concepts of yin — a feminine, passive, cooling energy — and yang — a masculine, dynamic, warming energy. In this workshop we will start slowly and ramp up to an energetic and fun series of asanas (yang), accompanied by soulful music. During the last 30 minutes we wind down to more gentle and restorative yin poses. Inspiring readings and poetry are offered during the class, and a copy of these is provided to each participant. Guests will improve strength, flexibility and a sense of inner calm.

Joint, Spinal and Mental TLC

Sunday January 26th 3:00pm-5:00pm

You'll be amazed by how you feel after dedicating two hours to deep relaxation of the mind, joints and spine. We begin in our beautiful yoga studio with simple poses to prepare for 30-40 minutes of guided deep relaxation breathing and meditative techniques. We then go the warmth of our Watsu pool, with Susi guiding your body to gentle calm and release. Special attention and focus will be placed on upper body movements and postures sequenced for the benefit of the cervical spine. You'll be taught to find your most detached and releasing "float." Besides a blissful state of consciousness, your take-away is a set of notes for your home practice.

SPA TREATMENT OF JANUARY

BODY SLIMMING WRAP (90MIN)

This Therapeutic treatment includes a full body dry brush exfoliation with a body slimming massage application. While your body nourishes in its cocoon, enjoy a scalp, face, neck & shoulder massage with your choice scented oil. \$200.00

Four Paths of Yoga

January 12th 1:00pm-3:00pm

This Workshop includes the yoga of devotion (including yogic chants and songs), the yoga of discipline (yoga postures), the yoga of wisdom (guided meditation, readings and Yoga Nidra) and Karma yoga (the path of service). Participants would receive a handout regarding the four paths of yoga.

Turn ON your OFF Switch

Sunday January 26th 11:00am-1:00pm

Do you know how to downregulate your nervous system for more relaxation and peace in your life? To be more at ease and tolerant with "what is?" Join Parmatma for some self-care to excavate your inner stress, lubricate your tissues and help you deal with your "issues." Be prepared to roll away tension, meditate, restore and enjoy a guided relaxation at the end. You will walk away with a joy in your step and lightness in your heart as you remember the sweetness that is YOU.

FEBRUARY

American Heart Health Month



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FEBRUARY WORKSHOPS

Journey to the Heart

Sunday February 2nd 11:00am-1:00pm



Kundalini Yoga is known as the Yoga of Awareness. It is a dynamic style of yoga, incorporating breath, movement, meditation and chanting. We will release blocks to balance, harmonize and open our heart chakras to deliver health and healing in our bodies, relationships and life. This class is appropriate for all levels. Our practice will end with a Symphonic Gong Healing. Please come to class with an empty stomach.

Yoga for Health & Well-Being

Sunday, February 9th 1:00pm-3:00pm



Join us for Gentle Yoga and Self-Healing Practices from Acupressure and Reflexology. Class ends with Deep Relaxation & Guided Meditation accompanied by Hannah's healing voice in song. As a yoga teacher and psychotherapist who specializes in PTSD, Hannah has developed a style of yoga that calms the nervous system and helps to release stress and trauma.

Aqua Luna Full Moon Ritual

Sunday February 9th at 5:00pm



Join Susi in a deeply relaxing and meditative honoring of our energetic connections to the air, earth, fire, water and moon!

This Full Moon Bathing Ritual is set in the body temperature Watsu Pool of the Fairmont Sonoma Willow Stream Spa, and is nothing short of magical. Floating flowers and candles set the tone for deep relaxation and light the way to your wellness connection under the light of the full moon.

Mystical Soundscapes Gong Bath

Sunday February 16th 1:00pm-3:00pm



Drop into ecstatic stillness in the sonic vibrations of a large gong, chimes, drums, rainstick, tuning forks and voice. The harmonic resonance can clear blockages in the physical, emotional, mental and etheric bodies, leaving you feeling in a state of bliss.

From the Heart // For the Heart

Sunday February 23rd 1:30pm-4:00pm



This gentle yoga and meditation practice is aimed to inspire love and compassion for yourself and others throughout the rest of the year. During the physical practice, we will move with patience and grace. During our meditation, we will learn how to breathe and be still. Students will leave with a full heart.

All levels welcome

SPA TREATMENTS OF FEBRUARY

THERAPEUTIC WINE DOWN TREATMENT(60 MIN)

Enjoy a glass of wine & a Caudalie face or body treatment, with our products sourced from the grape and grape vine polyphenols. This Therapeutic treatment includes a full body massage with your choice of divine oil, crush Cabernet scrub or the melted oil of candle wax. \$200.00

ONCOLOGY MASSAGE (60 MIN)

In honor of National World Cancer Day, Willow Stream Spa is offering a discounted at cost treatment for anyone who would like to enjoy therapeutic touch and luxurious care that massage can offer to you.

LOVERS LUXURY COUPLES EXPERIENCE

Specially created for the month of love this delightful side by side experience will leave you feeling loved-up and luscious. Start your journey with a couples soak in lavender and rose. Complete this experience with a full body massage.

MARCH

Womens History Month



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MARCH WORKSHOPS

Longevity Yoga

Sunday March 8th 11:00am-1:00pm



Practice the "Secrets of the Masters" for vitality, rejuvenation and longevity. Together we will experience a myriad of techniques from all over Asia to improve our quality of a joy-filled, healthy life. Includes a deep relaxation. This is mostly a standing practice to increase your capacity and strength. It is not uncommon to notice your energy running through your body.

Aqua Luna Full Moon Ritual

Monday March 9th at 5:00pm



Join Susi in a deeply relaxing and meditative honoring of our energetic connections to the air, earth, fire, water and moon! This Full Moon Bathing Ritual is set in the body temperature Watsu Pool of the Fairmont Sonoma Willow Stream Spa, and is nothing short of magical. Floating flowers and candles set the tone for deep relaxation and light the way to your wellness connection under the light of the full moon.

Yoga for Health & Well-Being

Sunday, March 15th 1:00pm-3:00pm



Join us for Gentle Yoga and Self-Healing Practices from Acupressure and Reflexology. Class ends with Deep Relaxation & Guided Meditation accompanied by Hannah's healing voice in song. As a yoga teacher and psychotherapist who specializes in PTSD, Hannah has developed a style of yoga that calms the nervous system and helps to release stress and trauma.

Mystical Soundscapes Gong Bath

Sunday March 22nd 1:00pm-3:00pm



Drop into ecstatic stillness in the sonic vibrations of a large gong, chimes, drums, rainstick, tuning forks and voice. The harmonic resonance can clear blockages in the physical, emotional, mental and etheric bodies, leaving you feeling in a state of bliss.

Bloom: A home Yoga Practice for the New Season

Sunday, March 29th 1:30pm-4:00pm



As we leave winter behind us, let us feel rooted as we ground, grow and bloom. We will flow through an invigorating physical practice, enjoy an extended savasana and start a gratitude journal for this new season. Students' will leave with a mantra for spring and a 15 minute home practice. All levels welcome.

SPA TREATMENTS OF MARCH

REIKI & REFLEXOLOGY (60 MIN)

This treatment is energy work followed by foot reflexology. Ki meaning the force energy-air or breath of laying on of hands or gentle touches to the body.

THAI MASSAGE (60 MIN)

Thai massage in its traditional form, is a type of Oriental bodywork therapy that is based on the treatment of the human body, mind, and spirit. The therapy includes treating the electromagnetic or energetic field which surrounds, infuses and brings the body to life through pressure and/or manipulative massage.

VITAL WELLNESS FACIAL (60 MIN)

Gua Sha, the ancient Chinese healing technique of scrapping the skin, is a tool used to help improve circulation and inflammation. The effect of this facial improve complexion and skin wellness as well as nourished the spirit.

APRIL

World Health Month



SUN	MON	TUES	WED	THU	FRI	SAT
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APRIL WORKSHOPS

The Melt Method

Sunday April 5th 11:00am-1:00pm

To introduce MELT as a simple self-care solution that anyone at any age can use to help reduce or avoid chronic pain symptoms, improve balance and alignment, and feel better. Learn how to identify whether stuck stress is accumulating in your body and if it's causing issues in your body and your nervous system.



Nia Dance Workshop

Sunday April 5th 1:30pm-3:30pm

This is a two-hour workshop focusing on principals of leading and following with an emphasis on Nia social dance. This is an introductory workshop in which we teach dance form, basic foot work and end with a combination of moves you will love to share with your dance friends.



Aqua Luna Full Moon Ritual

Wednesday, April 8th at 5:00pm

Join Susi in a deeply relaxing and meditative honoring of our energetic connections to the air, earth, fire, water and moon! This Full Moon Bathing Ritual is set in the body temperature Watsu Pool of the Fairmont Sonoma Willow Stream Spa, and is nothing short of magical. Floating flowers and candles set the tone for deep relaxation and light the way to your wellness connection under the light of the full moon.



Loving Kindness to Mother Earth Land & Water Yoga

Tuesday, April 7th 3:00pm – 5:00pm

Honoring our Great Mother Earth by practicing the Loving Kindness Meditation on land and in water. We begin with energetic connection to Earth and end with a heart to heart. We will utilize single pointed focus/concentration to connect our minds with our body through physical poses. Floating flowers, candles and gratitude decorate our offering of The Loving Kindness Meditation, as we journey through our gentle Aqua -Chi Yoga.



SPA TREATMENT OF APRIL

BALANCING BODY SCRUB & MASSAGE (90 MIN)

Enjoy a head to toe balancing salt-scrub infused with lavender, ginger root and eucalyptus formulated to remove dead skin cells, and nourish the skin. Rinse in a eucalyptus shower and complete your experience with a massage using the balancing body oil.

Yoga for Health & Well-Being

Sunday, April 19th 11:00am-1:00pm

Join us for Gentle Yoga and Self-Healing Practices from Acupressure and Reflexology. Class ends with Deep Relaxation & Guided Meditation accompanied by Hannah's healing voice in song. As a yoga teacher and psychotherapist who specializes in PTSD, Hannah has developed a style of yoga that calms the nervous system and helps to release stress and trauma.



Hip Hip Hooray!

Sunday, April 26th 11:00am-1:00pm

A playful exploration of the hips! This practice will include stretching, strengthening and will bring awareness to our inner landscape. We will release tension on the spine by accessing our deep hip muscles while maintaining joint integrity. Some myofascial work will be explored along with yoga and pranayama (breathing practices). Please attend class with an empty stomach and an open mind. Guests will go home with a number of new and interesting ways to strengthen and stretch their hips.



MAY

National Physical Fitness & Sports Month - Mental Health Awareness Month



SUN	MON	TUES	WED	THU	FRI	SAT
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MAY WORKSHOPS

Yin/Yang Yoga - Hope Springs Eternal

Sunday, May 3rd 10:00am-12:00pm

Yin/Yang yoga is a practice that balances the slow-paced Yin yoga with the traditional Yang yoga (Ashtanga and Hatha). Yin/Yang yoga has its roots in China in the Taoist concepts of yin, a feminine, passive, cooling energy and yang, a masculine, dynamic, warming energy. In this workshop we will start slowly and ramp up to an energetic and fun series of asanas(yang), accompanied by soulful music. During the last 30 minutes we wind down to more gentle and restorative yin poses. Inspiring readings and poetry are offered during the class, and a copy of these is provided to each participant. Guests will improve strength, flexibility and a sense of inner calm.



Practices for Insomnia

Sunday, May 3rd 2:00pm-4:00pm

Going to bed is a source of stress for many of us. Some have trouble falling asleep while others do not stay asleep. We will practice postures and breath patterns, as well as certain meditations that are geared for improving your quality, depth and length of sleep. Practice also includes Restorative Yoga and Yoga Nidra to help release deep seated tension and to balance sleep hormones. Suitable for all levels. Please attend on an empty stomach.



Aqua Luna Full Moon Ritual

Thursday, May 7th 5:00pm

Join Susi in a deeply relaxing and meditative honoring of our energetic connections to the air, earth, fire, water and moon! This Full Moon Bathing Ritual is set in the body temperature Watsu Pool of the Fairmont Sonoma Willow Stream Spa, and is nothing short of magical. Floating flowers and candles set the tone for deep relaxation and light the way to your wellness connection under the light of the full moon.



Loving Kindness to Mother Earth Land & Water Yoga

Sunday, May 10th 3:00pm – 5:00pm

Honoring our Great Mother Earth by practicing the Loving Kindness Meditation on land and in water. We begin with energetic connection to Earth and end with a heart to heart. We will utilize single pointed focus/concentration to connect our minds with our body through physical poses. Floating flowers, candles and gratitude decorate our offering of The Loving Kindness Meditation, as we journey through our gentle Aqua -Chi Yoga.



Detox Flow: An Ayurvedic Journey to Help Cleanse

Saturday, May 31st 1:30pm-4:00pm

Time to shed! This vinyasa class is centered upon the principles of Ayurveda, an ancient Indian approach to preventative health and healing. We will not only move our bodies, but gain a basic understanding of Ayurveda and how we can implement this wisdom into our every day lives. Students will leave feeling refreshed and ready for summer months. All levels welcome.



SPA TREATMENTS OF MAY

BODY ENERGY ALIGNMENT (90 MIN)

Personalized energy reading, provider maps the energies and their colors that the aura reflects them as.

CHAKRA READING & BALANCING (60 MIN)

An introduction to the spiritual anatomy (your 7 chakras), this meditation includes; the purpose and location of each chakra, the endocrine system, color visualization to stay balanced and positive affirmations to restore, revitalize and uplift your mind and spirit.

INTUITIVE READING (60 MIN)

Receive insights about current issues in your life and eliminate obstacles that prevent you from attaining your personal goals

Joint, Spinal and Mental TLC

Sunday May 17th 3:00pm – 5:00pm

You'll be amazed by how you feel after dedicating two hours to deep relaxation of the mind, joints and spine. We begin in our beautiful yoga studio with simple poses to prepare for 30-40 minutes of guided deep relaxation breathing and meditative techniques. We then go the warmth of our Watsu pool, with Susi guiding your body to gentle calm and release. You'll be taught to find your most detached and releasing "float" to end in a heavenly savasana. Besides a blissful state of consciousness, your take-away is a set of notes for your home practice.



Mindfulness

Wednesday May 20th 4:00pm-5:30 pm

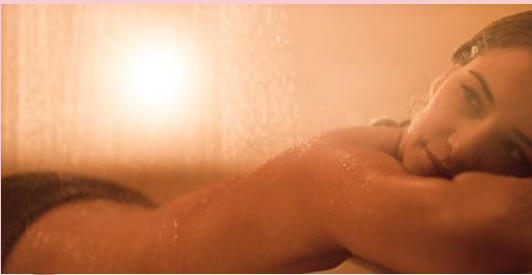
Mindfulness helps you get off autopilot so that you don't miss out on life. It's the practice of noticing what's happening right now and not checking out. If you'd like to learn how to be mindful instead of mindless, come to this class.

The techniques are very easy and powerful. Studies show that mindfulness makes people happier because it's one of the best ways to manage stress.



JUNE

National Cancer Survivor's Day



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JUNE WORKSHOPS

Aqua Luna Full Moon Ritual



Friday, June 5th at 5:00pm

Join Susi in a deeply relaxing and meditative honoring of our energetic connections to the air, earth, fire, water and moon! This Full Moon Bathing Ritual is set in the body temperature Watsu Pool of the Fairmont Sonoma Willow Stream Spa, and is nothing short of magical. Floating flowers and candles set the tone for deep relaxation and light the way to your wellness connection under the light of the full moon.

Turn ON your OFF Switch



Sunday, June 7th 1:00pm-3:00pm

Do you know how to downregulate your nervous system for more relaxation and peace in your life? To be more at ease and tolerant with "what is?" Join Parmatma for some self-care to excavate your inner stress, lubricate your tissues and help you deal with your "issues." Be prepared to roll away tension, meditate, restore and enjoy a guided relaxation at the end. You will walk away with a joy in your step and lightness in your heart as you remember the sweetness that is YOU.

Yoga Alignment: The Safety Edge



Sunday, June 14th 1:30pm - 3:30pm

We begin with ancient tradition joint warm-ups and proceed to analyzing commonly practiced poses, taking time for individual attention, adjustments and questions. Use of props vs. Ego, when is it time to modify? In addition to our yoga practice and focus of alignment, we'll practice mindfulness for its ability to transcend our everyday lives into more meaningful and intention driven actions. Handout with outline and pens are provided for your note-taking. All levels welcome.

SPA TREATMENT OF JUNE

SPORTS PEDICURE (60 MIN)

Rejuvenate and restore the muscle and joints of your sole with the perfect combination of Aloe Vera, tea tree and eucalyptus essential oils. Our sports pedicure details a rejuvenating foot salt soak, aloe Vera gel and salt scrub followed by a pampering arnica oil massage and finish with a nail care and polish of your choice.

A Guide to Yoga: Men's Edition



Sunday, June 21st 1:30pm-4:00pm

Let's be honest, there are more women in yoga classes. It doesn't have to be that way though. Yoga is simple. Yoga is for everybody. This workshop will break down beginner yoga postures, sun salutations, why we meditate and really what is yoga anyway. This class is designed for male beginners. No experience necessary.

Yoga for Health & Well-Being



Sunday, June 28th 11:00am-1:00pm

Join us for Gentle Yoga and Self-Healing Practices from Acupressure and Reflexology. Class ends with Deep Relaxation & Guided Meditation accompanied by Hannah's healing voice in song. As a yoga teacher and psychotherapist who specializes in PTSD, Hannah has developed a style of yoga that calms the nervous system and helps to release stress and trauma.

JULY

UV Safety Awareness Month



SUN	MON	TUES	WED	THU	FRI	SAT
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JULY WORKSHOPS

Aqua Luna Full Moon Ritual



Sunday, July 5th at 5:00pm

Join Susi in a deeply relaxing and meditative honoring of our energetic connections to the air, earth, fire, water and moon! This Full Moon Bathing Ritual is set in the body temperature Watsu Pool of the Fairmont Sonoma Willow Stream Spa, and is nothing short of magical. Floating flowers and candles set the tone for deep relaxation and light the way to your wellness connection under the light of the full moon.

Yoga for Health & Well-Being



Sunday, July 12th 11:00am-1:00pm

Join us for Gentle Yoga and Self-Healing Practices from Acupressure and Reflexology. Class ends with Deep Relaxation & Guided Meditation accompanied by Hannah's healing voice in song. As a yoga teacher and psychotherapist who specializes in PTSD, Hannah has developed a style of yoga that calms the nervous system and helps to release stress and trauma.

Nia Dance Workshop



Sunday July 19th 1:30pm-3:30pm

This is a two-hour workshop focusing on principals of leading and following with an emphasis on Nia social dance. This is an introductory workshop in which we teach dance form, basic foot work and end with a combination of moves you will love to share with your dance friends.

SPA TREATMENT OF JULY

SOOTHING ALOE WRAP (60 MIN)

The healing moisturizing properties of the Organic Aloe Vera plant are combined with the re-mineralizing and nourishing elements of algae and soothing properties of lavender in this deluxe hydrating body wrap. Includes a luxurious scalp and neck massage followed by a foot massage with invigorating alpine foot balm.

Spirit of Aloha



Sunday, July 26th 11:00am-1:00pm

Kumu Marlene Caldes, practitioner of the Ancient Hawaiian Traditions of Ho'o'mana, guides, inspires and supports attendees of this special healing event. Experience joy, freedom and the interconnectedness of all life through the Hawaiian wisdom of "Aloha" meditation, breath, music and more! Cleanse your mind, body and spirit through this ancient practice of Polynesian hidden healing secrets. Here we embrace the attitude of friendly acceptance for which the Hawaiian Islands are so famous. Hear the ancient chants and learn the friendly Aloha y rituals to maintain good health, lifestyle principles for living with ease, grace and confidence.

AUGUST

Month of Ayurveda



SUN	MON	TUES	WED	THU	FRI	SAT
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AUGUST WORKSHOPS

Yoga for Health & Well-Being

Sunday, August 16th 11:00am-1:00pm

Join us for Gentle Yoga and Self-Healing Practices from Acupressure and Reflexology. Class ends with Deep Relaxation & Guided Meditation accompanied by Hannah's healing voice in song. As a yoga teacher and psychotherapist who specializes in PTSD, Hannah has developed a style of yoga that calms the nervous system and helps to release stress and trauma.



Yin/Yang Yoga - Cultivating Sukha (ease/bliss)

Sunday, August 23 10:00am – 12:00pm

Yin/Yang yoga is a practice that balances the slow-paced Yin yoga with the traditional Yang yoga (Ashtanga and Hatha). Yin/Yang yoga has its roots in China in the Taoist concepts of yin — a feminine, passive, cooling energy — and yang — a masculine, dynamic, warming energy. In this workshop we will start slowly and ramp up to an energetic and fun series of asanas (yang), accompanied by soulful music. During the last 30 minutes we wind down to more gentle and restorative yin poses. Inspiring readings and poetry are offered during the class, and a copy of these is provided to each participant. Guests will improve strength, flexibility and a sense of inner calm.



Journey to the Heart

Sunday, August 30th 11:00am-1:00pm

Kundalini Yoga is known as the Yoga of Awareness. It is a dynamic style of yoga, incorporating breath, movement, meditation and chanting. We will release blocks to balance, harmonize and open our heart chakras to deliver health and healing in our bodies, relationships and life. This class is appropriate for all levels. Our practice will end with a Symphonic Gong Healing. Please come to class with an empty stomach. Taught by Parmatma



Ayurveda is defined as the dynamic state of balance between mind, body, and environment. In celebrating of National Relaxation Day on August 15th we want to encourage you to join us at Willow Stream Spa.

SPA TREATMENTS OF AUGUST

TRI-DOSH BATH & BODY MASSAGE

Experience a vibrant and joyful state of health by soaking in Ayurveda salt bath followed by a head to toe bindi (tri-dosha) massage oil. \$200.00

AYURVEDA FOOT BATH

Rest and relax in the Rejuvenating foot bath soak, followed by a Tri-Dosha scrub and massage. This service includes nail care & polish. \$70.00

SEPTEMBER

Leukemia and Lymphoma Awareness Month - National Preparedness Month - Ovarian Cancer Awareness Month



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SEPTEMBER WORKSHOPS

Aqua Luna Full Moon Ritual



Wednesday, September 2nd at 5:00pm

Join Susi in a deeply relaxing and meditative honoring of our energetic connections to the air, earth, fire, water and moon! This Full Moon Bathing Ritual is set in the body temperature Watsu Pool of the Fairmont Sonoma Willow Stream Spa, and is nothing short of magical. Floating flowers and candles set the tone for deep relaxation and light the way to your wellness connection under the light of the full moon.

Nia Dance Workshop



Sunday September 6th 1:30pm-3:30pm

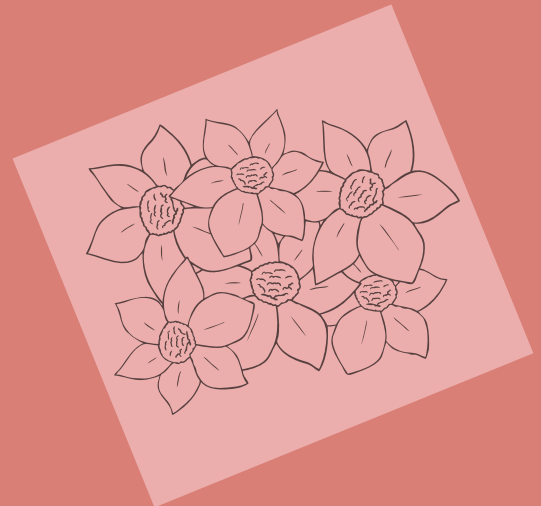
This is a two-hour workshop focusing on principals of leading and following with an emphasis on Nia social dance. This is an introductory workshop in which we teach dance form, basic foot work and end with a combination of moves you will love to share with your dance friends.

Hip Hip Hooray!



Sunday, September 13th or 20th

A playful exploration of the hips! This practice will include stretching, strengthening and will bring awareness to our inner landscape. We will release tension on the spine by accessing our deep hip muscles while maintaining joint integrity. Some myofascial work will be explored along with yoga and pranayama (breathing practices). Please attend class with an empty stomach and an open mind. Guests will go home with a number of new and interesting ways to strengthen and stretch their hips



Restore: A Home Yoga Practice for the New Season

Sunday, September 27th 1:30pm-3:30pm

As we close out the summer season, the time has come to move inward and welcome the comfort of autumn.

This gentle yoga class will restore our spirit and awaken the desire to be still. We will end class with a visualization exercise that will carry you through the rest of the year. Students' will leave with a mantra for fall and a 15 minute home practice.

All levels welcome.

OCTOBER



SUN	MON	TUES	WED	THU	FRI	SAT
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OCTOBER WORKSHOPS

Aqua Luna Full Moon Ritual

Thursday, October 1st 5:00pm

Join Susi in a deeply relaxing and meditative honoring of our energetic connections to the air, earth, fire, water and moon! This Full Moon Bathing Ritual is set in the body temperature Watsu Pool of the Fairmont Sonoma Willow Stream Spa, and is nothing short of magical. Floating flowers and candles set the tone for deep relaxation and light the way to your wellness connection under the light of the full moon.



Unlock Your Cage and FREE Your Breath

Sunday, October 4th 11:00am – 1:00pm

A fun way to explore the relationship between the abdominals, respiratory diaphragm, chest and back. We will loosen the tissues to enable more muscle recruitment and increase the volume of breath. Also strengthen the abs without any crunches in some new ways. Feel more embodied and strong. Please attend class with an empty stomach. Taught by Parmatma.



Yin Yoga and Nidra Mental Health Day Pass

Saturday October 10th 3:00pm – 5:00pm

Celebrate mental health day with Yin Yoga physical poses practiced in sitting and lying poses to prepare for deep relaxation and meditation. The goal is delving into deep depths of consciousness, Yoga Nidra. Also known as yogic sleep, sleep with a trace of awareness and sleeping on a cloud of yoga. You will be guided all the way. On this special day we contribute to the collective consciousness with this relieving practice. All attendees are welcome to enjoy our world class spa for the remainder of the day. Space is limited. Beginners are welcome.



Spirit of Aloha

Sunday, October 18th 11:00am-1:00pm

Kumu Marlene Caldes, practitioner of the Ancient Hawaiian Traditions of Ho'o' mana, guides, inspires and supports attendees of this special healing event. Experience joy, freedom and the interconnectedness of all life through the Hawaiian wisdom of "Aloha" meditation, breath, music and more! Cleanse your mind, body and spirit through this ancient practice of Polynesian hidden healing secrets. Here we embrace the attitude of friendly acceptance for which the Hawaiian Islands are so famous. Hear the ancient chants and learn the friendly Aloha y rituals to maintain good health, lifestyle principles for living with ease, grace and confidence.



Nia Dance Workshop

Sunday October 18th 1:30pm-3:30pm

This is a two-hour workshop focusing on principals of leading and following with an emphasis on Nia social dance. This is an introductory workshop in which we teach dance form, basic foot work and end with a combination of moves you will love to share with your dance friends.



SPA TREATMENT OF OCTOBER

PUMPKIN & SPICE FACIAL (60 MIN)

Enjoy our customized facial treatment that includes a 20% multi Fruit Complex Peel & autumn spice oil massage. On the neck, arms & hands.

Yin/Yang Yoga - Cultivating Generosity and Joy

Sunday, October 25th 10:00am – 12:00pm

Yin/Yang yoga is a practice that balances the slow-paced Yin yoga with the traditional Yang yoga (Ashtanga and Hatha). Yin/Yang yoga has its roots in China in the Taoist concepts of yin — a feminine, passive, cooling energy — and yang — a masculine, dynamic, arming energy. In this workshop we will start slowly and ramp up to an energetic and fun series of asanas (yang), accompanied by soulful music. During the last 30 minutes we wind down to more gentle and restorative yin poses. Inspiring readings and poetry are offered during the class, and a copy of these is provided to each participant. Guests will improve strength, flexibility and a sense of inner calm.



Mindfulness

Wednesday, October 28th from 4 to 5:30 pm

Mindfulness helps you get off autopilot so that you don't miss out on life. It's the practice of noticing what's happening right now and not checking out. If you'd like to learn how to be mindful instead of mindless, come to this class. The techniques are very easy and powerful. Studies show that mindfulness makes people happier because it's one of the best ways to manage stress.



Aqua Luna Full Moon Ritual






Saturday, October 31st at 5:00pm

Join Susi in a deeply relaxing and meditative honoring of our energetic connections to the air, earth, fire, water and moon! This Full Moon Bathing Ritual is set in the body temperature Watsu Pool of the Fairmont Sonoma Willow Stream Spa, and is nothing short of magical. Floating flowers and candles set the tone for deep relaxation and light the way to your wellness connection under the light of the full moon.



NOVEMBER



SUN	MON	TUES	WED	THU	FRI	SAT
1	2	3	4	5	6	7
8	9	10	11	12	13	14
15 	16	17	18 	19	20	21 
22 	23	24	25	26	27	28
29 	30 					

NOVEMBER WORKSHOPS

Yoga for Health & Well-Being

Sunday, November 15th 11:00am-1:00pm

Join us for Gentle Yoga and Self-Healing Practices from Acupressure and Reflexology. Class ends with Deep Relaxation & Guided Meditation accompanied by Hannah's healing voice in song. As a yoga teacher and psychotherapist who specializes in PTSD, Hannah has developed a style of yoga that calms the nervous system and helps to release stress and trauma.



Mindfulness

Wednesday, November 18th from 4 to 5:30 pm

Mindfulness helps you get off autopilot so that you don't miss out on life. It's the practice of noticing what's happening right now and not checking out. If you'd like to learn how to be mindful instead of mindless, come to this class. The techniques are very easy and powerful. Studies show that mindfulness makes people happier because it's one of the best ways to manage stress.



Magic & Mindful Spa Holiday

Saturday, November 21st 3:00-5:00pm

This holiday season let us share in the magic of simplicity! Every year it can be quite difficult to navigate gift-giving and get-togethers. In this workshop we will start with a gentle yoga practice and gratitude meditation. We will then discuss how yoga can be implemented into our everyday life in the simplest but most meaningful ways. We will end our session with a DIY project that could guide your holiday giving. Students' will leave with full hearts and a gratitude stone. Students are welcome to spend the remaining time in the spa. All levels welcome.



The Melt Method

November 22nd 11:00am-1:00pm

To introduce MELT as a simple self-care solution that anyone at any age can use to help reduce or avoid chronic pain symptoms, improve balance and alignment, and feel better. Learn how to identify whether stuck stress is accumulating in your body and if it's causing issues in your body and your nervous system.



SPA TREATMENT OF NOVEMBER

PUMPKIN & SPICE FACIAL (60 MIN)

Enjoy our customized facial treatment that includes a 20% multi Fruit Complex Peel & autumn spice oil massage. On the neck, arms & hands.

Practices for Insomnia

Sunday, November 29th 2:00pm-4:00pm

Going to bed is a source of stress for many of us. Some have trouble falling asleep while others do not stay asleep. We will practice postures and breath patterns, as well as certain meditations that are geared for improving your quality, depth and length of sleep. Practice also includes Restorative Yoga and Yoga Nidra to help release deep seated tension and to balance sleep hormones. Suitable for all levels. Please attend on an empty stomach. Taught by Parmatma



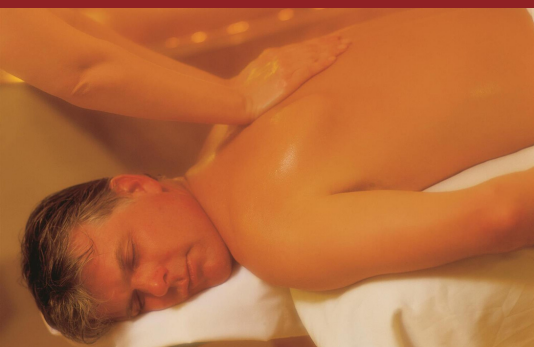
Aqua Luna Full Moon Ritual

Monday, November 30th at 5:00pm

Join Susi in a deeply relaxing and meditative honoring of our energetic connections to the air, earth, fire, water and moon! This Full Moon Bathing Ritual is set in the body temperature Watsu Pool of the Fairmont Sonoma Willow Stream Spa, and is nothing short of magical. Floating flowers and candles set the tone for deep relaxation and light the way to your wellness connection under the light of the full moon.



DECEMBER



SUN	MON	TUES	WED	THU	FRI	SAT
		1	2	3	4	5
6 	7	8	9	10	11	12
13 	14	15	16 	17	18	19
20	21	22	23	24	25	26
27	28	29	30 			

DECEMBER WORKSHOPS

Spirit of Aloha

Sunday, December 6th 11:00am-1:00pm

Kumu Marlene Caldes, practitioner of the Ancient Hawaiian Traditions of Ho'o'mana, guides, inspires and supports attendees of this special healing event. Experience joy, freedom and the interconnectedness of all life through the Hawaiian wisdom of "Aloha" meditation, breath, music and more! Cleanse your mind, body and spirit through this ancient practice of Polynesian hidden healing secrets. Here we embrace the attitude of friendly acceptance for which the Hawaiian Islands are so famous. Hear the ancient chants and learn the friendly Aloha y rituals to maintain good health, lifestyle principles for living with ease, grace and confidence.



Mindfulness

Wednesday, December 16th 4:00pm-5:30 pm

Mindfulness helps you get off autopilot so that you don't miss out on life. It's the practice of noticing what's happening right now and not checking out. If you'd like to learn how to be mindful instead of mindless, come to this class. The techniques are very easy and powerful. Studies show that mindfulness makes people happier because it's one of the best ways to manage stress.



Aqua Luna Full Moon Ritual

Wednesday, December 30th at 5:00pm

Join Susi in a deeply relaxing and meditative honoring of our energetic connections to the air, earth, fire, water and moon! This Full Moon Bathing Ritual is set in the body temperature Watsu Pool of the Fairmont Sonoma Willow Stream Spa, and is nothing short of magical. Floating flowers and candles set the tone for deep relaxation and light the way to your wellness connection under the light of the full moon.



SPA TREATMENT OF DECEMBER

CANDLE WAX MASSAGE (60 MIN)

Warm up and fully relax with our specialized Fleur de Vigne candle wax, a unique wax designed to nourish the skin and provide a luxury touch experience with the warm, melted wax of a candle.

CAVIAR CORRECTIVE FACIAL (90 MIN)

Producing immediate results with the latest advances in skin-care products, the caviar facial product by Kerstin Florian helps regenerate the skin's cells. This unique product line hydrates, protects and improves skin function as it visibly counteracts outward signs of aging.

Seasonal Detox Flow

Sunday, December 13th 10:00am-12:00pm

Prepare yourself for the Holidays and the New Year! This sequence is designed to help you detox and move into the New Year refreshed and renewed. We will practice a warming and stimulating set of postures as well as certain breathing exercises that will increase our circulation and the efficacy of our immune system. Complete the practice with a guided Yoga Nidra and deep relaxation. Some yoga experience is required. Not for the absolute beginner.

Please be prepared to sweat and attend with an empty stomach. Class will be held in a heated room. Taught by Parmatma

