Guided Hikes
Enjoy guided scenic walks and hikes to various locations throughout the picturesque Sonoma Valley. Hikes average from two to four miles (three to six kilometers), accommodating both novice and intermediate levels.
Reservation is required.

Yoga
This class is designed to improve posture, strength and flexibility through Yoga postures, breathing practices, and relaxation and meditation techniques.

Water Yoga
The benefits of Yoga are enhanced in this class due to the warmth, buoyancy and healing properties of our thermal mineral water. Postures and stretches are easier to hold which results in greater flexibility and deeper relaxation.

Fitness Fusion
Dynamic class combining Pilates-inspired core work with resistance exercises and stretching

Restorative Yoga Nidra
A gentle yoga practice to provide a deeper relaxation, this class is designed to help the mind and body connect in the conscious state between sleeping and waking life.