

Nurture and Renew Weekend

**Restore Your Core**

Reconnect with the center of your being! This class will focus on core engagement through breath work and strengthening exercises. No equipment is needed, all fitness levels welcome.

**Nurture Walk**

Welcome the day with a nurturing morning walk along the Kenoza Hall trails. Gather at the Bungalows trailhead and wear sturdy, water-proof shoes.

**Rise and Flow Yoga**

9 a.m. on the pool deck (depending on weather)

Welcome the day with yoga by the pool. This open-level flow yoga class will help you wake up and nourish the body and mind. Connect with nature while also connecting with your breath.

**Power flow to enhance your glow!**

It’s time to show up for your glow up! Connect to your inner goddess and confidence through a sequence of power moves. Combined with conscious breathing to stimulate your energy on a cellular level.

Weather permitting, we will meet down by the lake.

**Nature Sense Journaling**

Join us in a nature-based journaling class that will help enhance your personal perspective by engaging your five senses and exploring your deeper self in the beautiful outdoors.

**Elevate and Renew: Aerial Silks Yoga**

Dive into our "Elevate and Renew: Aerial Silks Yoga" class, a unique blend of yoga and aerial silks that lifts your body and spirit. This hour-long session, part of our Revival/Renew Weekend, invites you to explore movement, flexibility, and strength. Whether you're new to aerial yoga or experienced, our class offers a space to unwind, recharge, and embrace a sense of freedom and renewal. Join us to transform your physical and mental well-being, floating towards a rejuvenated self.



May 11th Class Schedule

Saturday

8a | Restore Your Core

8a | Nurture Walk

9a | Rise and Flow Yoga

10:30a | Power flow to enhance your glow!

1pm | Nature Sense Journaling

5p | Elevate and Renew: Aerial Silks Yoga

Space is limited. Please contact the spa at (845)-439-1264 or hemlockspa@kenozahall.com to register for classes.

Check our [schedule online](https://www.schedulicity.com/scheduling/HSAY6KY/classes) for special workshops and retreats

All classes are complimentary for guests staying on property at Kenoza Hall. *All sign-ups from other Foster Supply properties receive a 30% discount on all classes*. Call to inquire about special promotions and other discounts!