

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.

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

8:30a | Nurture Walk

9a | Rise and Flow Yoga

10a | Power flow to enhance your glow!

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](#) 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!