

Spring Awakening Weekend

Spring Awakening Walk

Welcome the day with a guided gentle walk along Kenoza Hall Trails. Gather at the Walking Bridge by the Bungalows. Make sure to dress weather appropriately and wear waterproof shoes. Trails are subject to mud and water.

Reawaken Your Power

Channel the new energies of Spring by planting seeds of intention using physical and mental activity! This class will utilize real kickboxing techniques to invigorate the body and mind, while learning a new and exciting skill. Diving deep into our individual hindrances, using an exercise that shows us we have control over our goals and passions. Get ready to discover the answers and newfound strength in this fitness session! No prior experience is necessary, all equipment will be provided.

Post Equinox Midday Stretch (15mins)

A fusion of body weight exercises & yoga stretches and mobility movements, designed to build muscle, increase flexibility, and improve body awareness. All levels are welcome.

Nature of Spring 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. You will learn how to start a journaling practice that you can continue long after your time at Hemlock Spa. This class will begin with an indoor component and then move outdoors as you embrace the spring nature that surrounds us!

Spring Renewal Yoga

This invigorating flow yoga class will help you to flow and let go. Expect warming sequences followed by longer stretches and restorative poses. Wake up from savasana (final resting pose) feeling renewed and refreshed.

Awakening to Spring with Essential Oils

Awaken new energy for body*mind*spirit, with rejuvenating essential oils for spring! In this class, we will sample and explore the fragrance and properties, applications and safe use of several essential oils and blends known for their ability to cleanse stagnant energy and restore mental and physical vitality. Join us on this aromatic journey to uplift our wellbeing, that we may inspire new creations and visions as we step into Spring!

Aerial Yoga

Feel supported and empowered with this open-level class designed to lead you through enhanced stretches with the aid of aerial silk hammocks.



April 20th Class Times

Saturday

8a-9a | Spring Awakening Walk

10:30a-12p | Awakening to Spring with Essential Oils

1:00p-2:00p | Nature of Spring Journaling

2:30p-3:30p | Spring Renewal Yoga

5:30p-6:30p | Aerial Yoga

7p-8p | Reawaken Your Power

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

Check our [schedule online](#) for special workshops and retreats.