A person is shown from the back, performing a yoga stretch (Child's Pose) on a mat in a bright room. The person's arms are extended forward, and their head is resting on the floor. The room has large windows in the background, and the overall lighting is soft and natural. The image is overlaid with a semi-transparent blue filter.

## GROUP WELLNESS CLASSES

*Ste. Anne's*  
**STE. ANNE'S**  
A HALDIMAND HILLS SPA

[G] - Gentle Activity  
[P] - Safe for women in  
their third trimester  
of pregnancy

# Wellness Class Descriptions

## YOGA [G]

A multi-leveled yoga class that is suitable to both the beginner, as well as the more experienced participant. This restful and invigorating class will focus on basic yoga postures, breathwork and meditation.

## GENTLE YOGA [P] [G]

This class focuses on restorative and healing postures, as well as meditation and breathwork. This class is suitable to all levels of participants and is ideal for those who are looking for a gentle and relaxing experience.

## INTERMEDIATE YOGA

This yoga class is designed for those participants who have a basic understanding of yoga postures and/or full mobility in their bodies. This class will include more challenging options and a Vinyasa, or Flow sequence which will elevate your heart rate, leaving you feeling rejuvenated and calm.

## YOGA NIDRA [P] [G]

Yoga Nidra is a form of yoga without movement. It is a deep relaxation which incorporates the techniques of relaxation, affirmation (Sankalpa), breathing and visualization working together to induce a deep profound level of integrating the body, mind and spirit.

## STRETCH [P] [G]

Experience a gentle stretching of your entire body that works at re-energizing your limbs and organs. This class will teach you how to increase your personal flexibility and range of motion.

## MEDITATION [P] [G]

The Ste. Anne's Spa meditation class carries your mind through a guided meditation, enabling your mind and body to achieve a state of deep relaxation. As you lay down on your mat, your instructor will provide you with a few drops of Aveda Blue Oil concentration and a lavender scented eye pillow that will help relax your muscles, senses and ease your mind.

## GUIDED WALK [P]

Journey through the rolling Northumberland Hills, you may encounter Ste. Anne's enchanting cedar forest, the spring-fed creek or even the Ste. Anne's Farm. Allow the fresh air and exercise to relieve any built-up tension and re-energize your body.

## SNOWSHOEING

Never snowshoed before? Try this seasonal slow paced guided snowshoeing experience. Your instructor will decide upon a trail for optimal conditions and enjoyment of the Ste. Anne's property.

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## Wellness Class Schedule

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While a guest at Ste. Anne's Spa we encourage you to take part in our group wellness activities. To avoid disappointment, be sure to reserve your spot in the wellness classes of your choice when booking your spa services. Your wellness allowance can be used towards any of our wellness classes listed below.

TIME	CLASS	DURATION
7:00 - 8:00 am	Morning Muck (Equine Activity) <i>Seasonal - please call for details</i>	60 minutes
9:00 - 10:00 am	Intermediate Yoga [G]	60 minutes
10:15 - 11:15 am	Yoga [G]	60 minutes
11:30 - 12:15 pm	Stretch [P] [G]	45 minutes
1:15 - 2:00 pm	Guided Walk or Snowshoe	45 minutes
2:15 - 3:15 pm	Gentle Yoga [P] [G]	60 minutes
3:30 - 4:00 pm	Yoga Nidra [P] [G]	30 minutes
4:15 - 4:45 pm	Meditation [P] [G]	30 minutes
5:00 - 6:00 pm	Evening Turn In (Equine Activity)	60 minutes

To ensure your complete comfort during your outdoor group wellness class(es) please review the seasonal checklist of items that you should bring with you:

### SUMMER MONTHS (APRIL - OCTOBER)

- water bottle
- hat
- sunscreen
- bug spray
- sunglasses
- comfortable workout clothing
- appropriate shoes for outdoor walking
- rain jacket

### WINTER MONTHS (NOVEMBER - MARCH)

- water bottle
  - snow pants
  - toque/mittens
  - sunscreen
  - sunglasses
  - comfortable workout clothing
  - winter hiking boots
  - winter jacket
-

## Ste. Anne's Farm: Equine Activities

A relatively new addition to the Ste. Anne's Spa experience is Ste. Anne's Farms. It is home to many horses and a number of beef steers. As a guest of Ste. Anne's Spa, we encourage you to enjoy the farm facility in whichever way best suits you.

### GROOMING TIME (BY APPOINTMENT ONLY)

Are you feeling like a little one-on-one with an equine? Book some grooming time with our stable caretaker and one of the horses at Ste. Anne's Farms. They will help you to catch your horse in the field, secure him in cross-ties, groom him (including brushing his coat and mane), massage any sore muscles, pick his feet and braid his tail (if time permits). **YEAR ROUND ~ \$45 (Call to book, you can use your group wellness class allowance towards this activity)**

### EVENING TURN IN

Join our stable caretaker for evening turn in at Ste. Anne's Farms. Chores include turning out any horses that may be in the barn, making sure the barn is ready for animals to be brought in for the night and more.

### MORNING MUCK

Join our stable caretaker for the morning chores at Ste. Anne's Farms. Make sure you bring appropriate footwear (rubber boots or an old pair of running shoes) and a pair of gloves. Chores include feeding, getting the barn ready for afternoon chores and more.

### LEARN TO RIDE

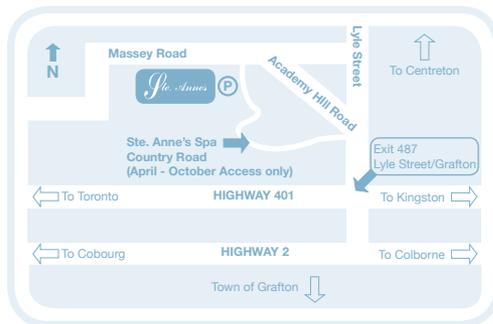
Become a certified rider with our Learn to Ride equine package, now available in individual sessions or as a 4-night package.

*Ste. Anne's*  
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A HALDIMAND HILLS SPA

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