



Spa Class *schedule*

Aspira, providing a holistic approach to the spa experience, offers personalized services that reflect ancient healing wisdom of indigenous peoples from around the world. Aspira, meaning "infused with spirit," offers guests specialized spa treatments including massage, hydrotherapy, chromatherapy, balneotherapy, facials, manicures, pedicures and salon services. Aspira also introduces the 'SpaSuite' concept, providing an exclusive and all-encompassing private spa experience.

\$20 per person
FALL 2010

OPEN TO THE PUBLIC

Aspira Spa at The Osthoff Resort
101 Osthoff Avenue • Elkhart Lake, WI 53020-0151
920.876.5843 • www.aspiraspa.com

YOGA



Aspira Hatha Yoga classes are traditional, focusing on energy consciousness and complete relaxation through graceful stretches and tranquil breathing. Achieve mental focus and a deeper understanding of oneself.

Monday: 1 p.m.

Thursday: 5 p.m.

Friday: 9 a.m., 5 p.m.

Saturday: 9 a.m., 1 p.m.

Sunday: 9 a.m., 1 p.m.

VINYASA FLOW YOGA



Using the breath, each is linked to the next, feeling the fullness of the breath in each position, focusing inward, feeling inner and outer strength as one.

Thursday: 9 a.m.

THE ART OF MOVEMENT



Flowing and elegant, using standing exercises for increased awareness of your body and the space around it. Movements incorporate both individual and partner motions heightening coordination, balance and sensitivity.

Saturday: 11 a.m.

Thursday: 10:30 a.m., 5 p.m.

CULTIVATING STILLNESS



Aspira's guided inner journey of tranquility and introspection. Our meditation classes are an easy-to-follow, gentle course of moving, sitting and guided inner work, uniting mind, body and spirit.

Friday: 11 a.m.

Sunday: 11 a.m.

Length of class varies. Advance registration is recommended. To reserve your Aspira Spa class, or for more information, please call 920.876.5843. Open 9 a.m. daily, Monday through Sunday.

Private lessons are available upon request.

www.aspiraspa.com