



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’TM concept, providing an exclusive and all-encompassing private spa experience.

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



Our Classical 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.

Tuesdays: 11:00 am - 12:30 pm

Tuesday Evenings: 5:00 - 6:30 pm

Our Modern Yoga classes incorporate toning and strength with structural alignment.

Wednesdays: 3:00 - 4:00 pm

Thursdays: 9:00 - 10:00 am

Saturdays: 9:30 - 10:30 am

\$20 per person • Available thru March, 2009.

THE ART OF MOVEMENT



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

Wednesdays: 11:00 am - 12:30 pm

Thursdays: 11:00 am - 12:30 pm

Thursday Evenings: 5:00 - 6:30 pm

\$20 per person • Available thru March, 2009.

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 body, mind and spirit.

Wednesdays: 1:00 - 2:00 pm

\$20 per person • Available thru March, 2009.

Advance registration is recommended.

To reserve your Aspira Spa Class, please call 920.876.5843.

Open 9 am daily, Monday-Sunday.

www.aspiraspa.com