

## Zenergy Yoga Classes at Willow Stream Spa at the Fairmont Scottsdale Princess



Zenergy Yoga will offer classes during the Willow Stream Spa's "[Spaaah Days of Summer](#)" in August. Please see the new dates and class times below. Starting August 15, a weekly class titled "Heart of Yoga" will be offered each week at Willow Stream Spa!

### Summer Class Schedule at Willow Stream Spa:

- August 22 from 11:00-12:15 pm: Heart of Yoga with Angie
- August 24 from 6:00-7:15 pm: Groove and Flow with Abbie
- August 25 from 7:00-8:15 pm: Candlelight Yoga with Angie



### Willow Stream Spa Class Descriptions:

#### **Candlelight Yoga (all levels)**

Indulge in the ultimate yoga experience combining soft music & candlelight to soothe the soul as you slowly glide through various yoga asanas (yoga postures), allowing your body to relax, yet leave you feeling spacious and exhilarated. The serene Willow Stream setting allows you to slip into a deep state of peace and relaxation. Experience the meditative focus of bringing a candlelight glow into your yoga practice.

#### **Groove and Flow Yoga (intermediate/advanced):**

This energizing class combines traditional yoga with vinyasa flow sprinkled with an eclectic music selection specifically chosen to enhance the yoga experience and get you movin' and groovin'. Combining breath and movement, prepare to let loose, flow to the music and sweat to the beat.

#### **Heart of Yoga (all levels)**

A basics yoga class designed especially for those new to yoga, or anyone who wants to build upon their foundational knowledge of yoga postures, breath work and meditation techniques. Infused with a sprinkling of yoga philosophy, expect to leave class feeling refreshed, relaxed and inspired.

### FAQ's:

**Who can attend classes at Willow Stream?** Only students with a current Zenergy Yoga package (unlimited or punch card package) can attend classes at Willow Stream. [Students must register online 30 minutes or more before class begins](#). No packages will be sold or class registrations taken at the Willow Stream Spa; no exceptions. Packages can be purchased online prior to registering for class through the [online scheduler](#).

**What do I do when I arrive?** Check in at the front desk at the Willow Stream Spa and verify your name on the sign-in sheet. You will also be required to sign a waiver for Willow Stream Spa.

**Where is Willow Stream Spa located?** It is located at 7575 E. Princess Drive on the south side of the Fairmont Scottsdale between Scottsdale and Hayden Roads. Parking is available by complimentary valet only. Please come to main entrance of hotel and notify attendant you are there for class at Willow Stream Spa.

**Can I use the spa facility afterward?** For an additional fee of \$15, Zenergy Yoga clients attending class can come before class or stay after and enjoy the wonderful spa facility including full service spa lounge areas, whirlpools, steam room, sauna, inhalation room, cold plunge and the beautiful roof top pool and grotto water fall experience. This is only for students participating in Zenergy Yoga classes on that particular day.

#### **Are there discounts on spa and salon treatments?**

Yes, a special Zenergy Yoga discount of 15% off the prevailing rate for spa services and 15% off spa retail purchases will be offered to Zenergy Yoga students any day of the week through September 1. You do not have to be taking classes that day to get these discounts but you must have a current package with Zenergy Yoga.

#### **Can I bring my children to classes at Willow Stream?**

To participate in Zenergy Yoga classes at Willow Stream students must be at least 16 years of age. However, minors are not allowed to utilize the spa facility. You must be 18 years of age or older to use the spa facility.