

AWAKEN

yoga & movement festival | MAY 16-20

EVENT SCHEDULE



CANYONRANCH®
LENOX

friday | may 16

8:00 a.m.

Qi Gong Stress Relief Meditation

Greet the day by elevating and toning the parasympathetic nervous system. This Qi Gong practice is a standing and seated meditation, combining breath control with simple choreography.

9:00 a.m.

Simple Bounce with The Ness

Simple Bounce is perfect for beginners, those returning from injury, or older adults. Learn trampoline basics with slower beats, simple combos, and built-in breaks. The Ness classes build endurance, coordination, and confidence. Sneakers required.

10:00-11:45 a.m.

Recover with Therabody

Stop in anytime during the session and learn to how to utilize Theragun percussive and vibrational therapy to enhance mobility, performance, and recovery, as well as improve sleep and reduce stress.

12:00 p.m.

Restorative Aerial and Sound Healing (\$)

Experience supported & suspended restorative yoga postures with the vibrational healing from sound instruments. The practice assists in slowing your body and reduce physical and emotional stress.

2:00 p.m.

Mat Sculpt with The Ness

Mat sculpt takes place on the floor for those seeking the lowest-impact workout. This sculpt class uses prop-based and body-weight exercises to build muscle strength and mobility without ever leaving the mat. Sneakers optional.

4:00 p.m.

Restorative Yoga

Experience deep relaxation for healing and rejuvenation. Bolsters and props are used in gentle, supported poses.

5:00 p.m.

DJ Glow-Ga: Glow in the Dark Yoga

This immersive class combines neon lights, glow sticks and body paint, live DJ music, and flowing yoga moves for the ultimate mix of movement, music, and celebration!

8:00 p.m.

We Flow Hard Vinyasa Flow with Y7

Y7 Studio's signature vinyasa class features three sequences, each repeated three times: a slow intro, one-breath-one-movement flow, and a "Flow On Your Own" round—inviting creativity, challenge, and growth in your practice.

GUEST EXPERTS



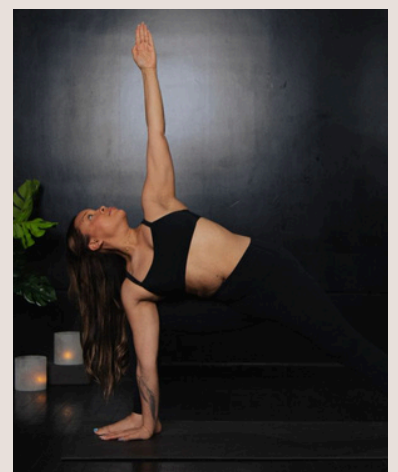
The Ness

DANCE-BASED FITNESS
METHOD WITH BOUNCE
WORKOUTS



Kristin McGee

YOGA & PILATES
TEACHER, MOMPREENEUR,
AND AUTHOR



Y7 Studio

YOGA STUDIO BASED
IN NYC, LA, & ATX

saturday | may 17

8:00 a.m.

Rise + Flow with Kristin McGee

Awaken your body and mind with invigorating sun salutations and a gentle morning flow. Set your intentions, energize your spirit, and embrace the day with movement, breath, and balance. A perfect way to start your morning with clarity and grace.

9:00 a.m.

Sculpt with Y7

A full-body sculpt practice centering strength, mobility, mindfulness, and breathwork. This energizing session integrates dynamic movements and intentional breath to leave participants feeling powerful and grounded.

10:00 a.m.

Simple Bounce with The Ness

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11:00 a.m.

The Class

The Class is a music-driven workout that clears the body to connect with the heart and deeper consciousness. Expect cardio, strength, and guided meditation using moves like squats, burpees, and jumping jacks. All levels welcome, with modifications provided.

1:00 p.m.

Tarot Demonstration: What's In The Cards?

A metaphysical practitioner shares the power of tarot cards with brief reading and demonstration for everyone. Do you have a question you'd like to gain some perspective about? Ask the tarot!

2:00 p.m.

Simple Sculpt with The Ness

Our simple sculpt class is a beginner-friendly low-impact strength and mobility workout. With emphasis on high repetition, you will build muscle strength and endurance, body awareness, coordination, and agility. Sneakers required.

3:00 p.m.

Gentle Strala Yoga with Tara Stiles

Strala GENTLE combines a simple flow with a focus on calming the mind while opening and strengthening the body. The practice aims to create a balance of strength and flexibility, as well as stability and mobility.

4:00 p.m.

Fireside Chat: Soul Care with Cristine Cuomo

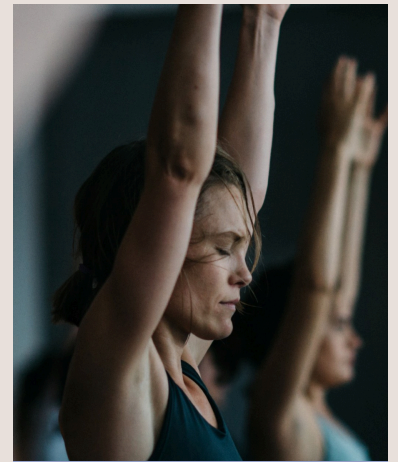
How to nurture and nourish the soul—food is more than what you eat. Explore how primary foods like mindfulness, movement, energy healing, and community nourish you, alongside secondary foods—what's on your plate—for a holistic approach to well-being.

8:00 p.m.

Sounds of Spring Sound Healing

Restore balance and awaken consciousness as you immerse in the healing power of sound. Using ancient instruments, your spiritual wellness practitioner creates a deeply therapeutic vibrational experience to activate awareness and transform your body, mind, and heart.

GUEST EXPERTS



The Class

A CATHARTIC WORKOUT EXPERIENCE IN NYC & LA



Tara Stiles

FOUNDER OF STRALA YOGA



Cristina Cuomo

FOUNDER OF THE PURIST

sunday | may 18

8:00 a.m.

Energize Strala Yoga by Tara Stiles

Strala ENERGIZE will energize the body and mind while focusing on breath body connection and moving well. It's intended to leave you feeling awake, aware, creative, and energized.

9:00 a.m.

The Class

The Class is a music-driven workout that clears the body to connect with the heart and deeper consciousness. Expect cardio, strength, and guided meditation using moves like squats, burpees, and jumping jacks. All levels welcome, with modifications provided.

10:00 a.m.

Yoga Sculpt with Kristin McGee

This dynamic power flow blends yoga, sculpting moves, and Pilates-inspired core work for a full-body workout. Build strength, improve flexibility, and elevate your energy in a fun and challenging session designed to leave you feeling strong and centered.

11:00 a.m.

Slow Burn + Restore with Y7

This class begins with a 35-minute fully led vinyasa practice to build heat and focus, followed by 15 minutes of grounding restorative postures and a Koshi chime savasana for deep rest and integration.

12:00 p.m.

Harmony Within: Meditation & Pulse Oximetry Clinic (\$)

Mind/Body & Performance Scientists guide meditation while tracking blood O2 and heart rate. Learn benefits of stress reduction and mental clarity while enhancing cardiopulmonary health.

2:00 p.m.

Simple Bounce with The Ness

Simple Bounce is perfect for beginners, those returning from injury, or older adults. Learn trampoline basics with slower beats, simple combos, and built-in breaks. The Ness classes build endurance, coordination, and confidence. Sneakers required.

3:00 p.m.

Strala Relax Yoga with Tara Stiles

Strala RELAX aims to release tension and stress from the body and mind through a flow of movement and breath. The class is designed to help you feel revitalized and improve overall wellbeing.

4:00 p.m.

Expert Panel: Empowerment Through Movement

Discover how movement fosters confidence, strength, and self-expression in this dynamic panel featuring experts from Strala Yoga, Y7, The Class, Kristin McGee, and The Ness. Empower your body, elevate your mind, and move with purpose.

5:00 p.m.

Finding Your Spirituality Through Fitness

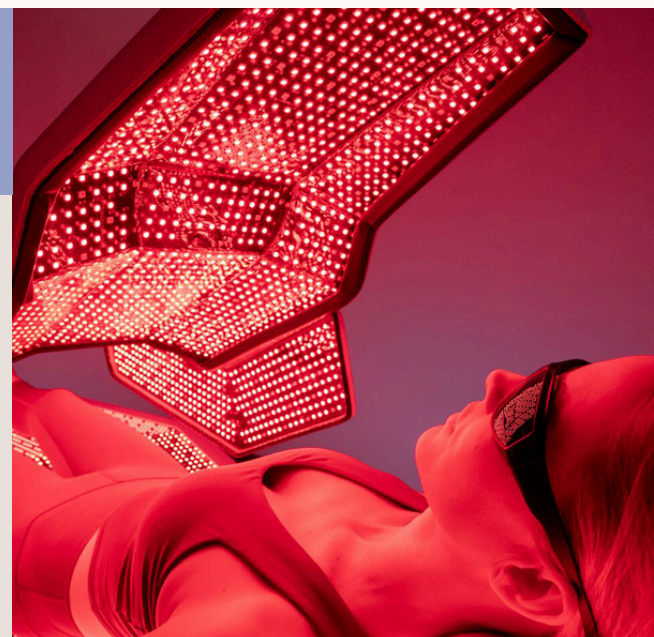
Fitness is not just physical statistics - it is an expression of positive emotional, mental and spiritual states of being. Explore how your movement practice (exercise) can be a spiritual practice.



Recovery and Regeneration Space

Experience the latest technology to improve energy, recovery, regeneration, sleep and overall vitality. Enjoy one day of complimentary access with your AWAKEN stay package.

Daily Tours of CR VITALITY
available at 1 p.m. each day.



monday | may 19

8:00 a.m.

Outdoor Sun Salutations

A revitalizing outdoor yoga session focusing on linking 12 postures to stimulate heat in the body. An intermediate flow.

10:00 a.m.

Love & Kindness Meditation

A heart-centered practice guided by a healing energy provider, that encourages participants to nurture compassion and loving kindness towards themselves and others.

11:00 a.m.

Beginner Pilates

This mat Pilates class focuses on foundational core strength, muscular balance, concentration, and breathing.

12:00 p.m.

Restorative Aerial and Sound Healing

Experience supported & suspended restorative yoga postures with the vibrational healing from sound instruments. The practice assists in slowing your body and reduce physical & emotional stress.

2:00 p.m.

Sacral Chakra Hip Opening Yoga

Practice a hip opening sequence while diving deeper into the sacral chakra.

4:00 p.m.

Good Vibrations with Therabody

Introduce your body to vibration therapy utilizing the Therabody Wave Roller and the Wave Duo – awaken your muscles, increase blood flow and improve joint mobility.

5:00 p.m.

Outdoor Meditation

Learn techniques to help reduce stress, increase mindfulness, calm your mind and help your body relax.

enjoy with your AWAKEN stay



Use your nightly service credit to enjoy any of our 200+ services, including the below guest-favorites:

[Ashiatsu – Barefoot Massage](#)

[AKAR Nourishing Facial](#)

[Alchemical Healing](#)

[Chakra Balancing Massage](#)

[Private Fitness Training](#)

[Private Yoga Session](#)

[Private Mind-Body Practice](#)

[Mood & Food](#)

[Acuphoria](#)

[Body-Spirit Connection](#)

tuesday | may 20

9:00 a.m.

Aerobic Choreo Sculpt

Combine choreographed movement and light weights for a head-to-toe definition. Enjoy training that defines the body and lifts the soul!

10:00 a.m.

Twist & Shout Yoga

Ignite your energy and shake off stress in this dynamic yoga flow! Through vibrant twists, breathwork, and lively movement, you'll clear stagnant energy, release tension, and leave feeling refreshed, clear, and fully present.

12:00 p.m.

Berkshire Beat

Burn calories, release stress and feel the joy by drumming on a physioball in this fun, unique class.

12:30 p.m.

Fitness for Your Feet

Twenty minutes dedicated to the health of your feet. Learn the importance of alignment and foot strength and increase function and flexibility.

2:00 p.m.

Fit With Coco

Join guest teacher Courtney Fischer, creator of the Fit With Coco Method, which combines strength training with Pilates to build lean muscle, burn fat, and increase energy.

3:00 p.m.

Heart Opening Flow

In this challenging class, we will focus on backbends and forward folds to open the heart chakra with some advanced poses to allow the heart to open to its divine true nature of love, compassion and gratitude.

4:00 p.m.

Performance Recovery

Awaken your body and boost mobility with Therabody® tools! Learn self-myofascial release using the Wave Duo, Roller, and Theragun Mini to ease tension, correct imbalances, and promote full-body recovery and performance.

5:00 p.m.

Outdoor Meditation

Learn techniques to help reduce stress, increase mindfulness, calm your mind and help your body relax. In the event of inclement weather, this class will take place in the Yoga Studio.

Guest Expert: Coco Fischer

Coco is a certified personal trainer, Pilates instructor, and weight loss specialist who helps people live their healthiest, strongest, and most confident lives.

She's the creator of the Fit with Coco Method, an inspirational fitness experience designed to benefit the body, mind, and soul.

