



SOUL PLUNGE OFFERINGS





WELLNESS





CONTRAST THERAPY

our contrast
therapy space is
equipped with two
cold plunges, set to
~46°, one infrared
sauna that can fit
up to 8 humans,
and two rinse off
showers.





RED LIGHT THERAPY

Book a private
session or infuse
any of our class
offerings with red
light upon request.





CLASSES





THE SPACE



SIGNATURE SOUL PLUNGE

FIND YOUR SOUL

This breathwork journey takes you up a symbolic mountain, each song represents a different breath technique you can use in everyday life.

This is the class that started it all!

We begin gently, build intensity as we rise & reach the peak, then slowly wind down.

Expect a release of stuck energy, moments of clarity & a sense of peace that lingers long after class.

After breathwork, we guide you through a 2-min cold plunge, followed by sauna time.

 Effort: 3/5

  Temp: 46°-165°

TRANSFORMATIONAL BREATHWORK

FIND YOUR DEPTH

This is a powerful practice that helps you tap into deeper brainwave states, unlocking profound transformation. This class uses a simple 3-part circular breath to move beyond the thinking mind & into a trance-like state.

This shift can help release stress, unblock creativity & process emotions the conscious mind may not access.

Expect active breathwork, emotional release & a deep state of relaxation.

 Effort: 4/5

 Temp: Non-Heated

VINYASA FLOW — ALL LEVELS

FIND YOUR RHYTHM

Whether it's your first class or your 1,000th, our teachers offer options to modify or advance your practice.

Vinyasa means linking breath with movement, creating harmony between body & mind.

Expect a warm-up, dynamic flows, deep stretches, & a blissful savasana with cold lavender towels (best part IMO).

 Effort: 4/5

 Temp: ~90°

POWER FLOW

FIND YOUR STRENGTH

Power meets flow in this dynamic class, blending the intensity of Power Yoga with the grace of Vinyasa.

Build strength, enhance mobility & move with breath for total mind-body synergy.

Expect a strong, intentional build—starting with a warm-up, strength-building holds & core activation. Flow breath to movement before cooling down with deep stretches & savasana with a cold lavender towel as your reward.

🌟 Effort: 5/5

🔥 Temp: ~95°

FLOW (VINYASA)

FIND YOUR FREEDOM

Inspired by Jonah Kest's 7 Doorways Method.

This soulful, strength-based class blends guided vinyasa with opportunities to free flow.

You'll explore creative transitions, fluid movement, and the freedom to express what feels true in your body.

Set to a music-driven beat, it's energizing, empowering, and designed to leave you feeling powerful and lit up.

Expect a challenging flow with space to evolve and meet your edge with confidence

 Effort: 5/5

 Temp: ~95°

CANDLELIT SLOW FLOW & SOUND HEALING

FIND YOUR PEACE

Escape from the stresses of life & unwind with a slow vinyasa flow amongst candlelight.

This class feels like a “treat yourself” moment, designed to tap into your parasympathetic nervous system & slow down.

Expect gentle, fluid movement followed by an extended 15-min savasana with sound healing to restore balance in body & mind. Side effects may include pure bliss & relaxation.

  Effort: 3/5

 Temp: Non-heated

YIN & SOUND HEALING

FIND YOUR STILLNESS

Yin yoga uses long-held postures (3-7 min) to target deep connective tissues, inviting release & resilience.

This practice is a journey into depth, surrender & inner awareness.

Instead of flowing, you'll soften into each shape, letting gravity do the work. Close with a 15-min sound bath, immersing you in healing frequencies to reset your nervous system.

Expect: Deep holds, stillness & restoration.



Effort: 1/5



Temp: Non-heated