

# Lake Tahoe Wellness Weekend

Lake Tahoe Wellness Weekend is Sept. 24-26 at Hyatt Regency Lake Tahoe.

The weekend includes four fitness classes with top fitness experts inspiring Vinyasa Yoga classes with San Francisco instructor Ginger Layden-Braun held outdoors on Hyatt's Cottage Green, and Balletone and Aikina Aerobics with former Russian competitive gymnast Alyona Aikina. Also included in the weekend: wellness breakfasts and snacks, a wellness seminar by top instructors and experts, spa treatment at Stillwater Spa, wine tasting, outdoor activities that allow you to make the most of the spectacular location, and a wellness-themed gift bag. It costs \$449/per person single-occupancy, \$649 double-occupancy; day-only rate (excluding breakfast and accommodations) is \$100/per person per day.

[Click here for more information.](#)