



TAHOLISTIC SIGNATURE WEEKEND

Frequently Asked Questions

Your guide to a blissful experience

We're so excited to welcome you to a weekend of movement, mindfulness, and community connection. Here's everything you need to know so you can arrive feeling prepared, relaxed, and ready to flow.

GENERAL INFORMATION

When and where is Taholistic?

- Taholistic takes place on April 25th - 26th at Edgewood Tahoe Resort, surrounded by Lake Tahoe's natural beauty.

Do I need to bring my own yoga mat and props?

- Yes, please bring your mat, water bottle, and any props you love. A few mats and blocks will be available for those who need them.

Is this event beginner-friendly?

- Absolutely! Whether you're new to yoga or a seasoned practitioner, our classes are designed for all levels, and you can choose your own flow by class selection.

TICKETS & REGISTRATION

How do I get tickets?

- Tickets can be purchased online through Edgewood Tahoe Resort's website via [this ticket link](#).

Are single-day passes available?

- No, we are only offering full weekend tickets.

What is your refund policy?

- Tickets are non-refundable and non-transferable: tickets may not be transferred, resold, or gifted to another person., Please contact activities@edgewoodtahoeresort.com for more information.

CLASSES & SCHEDULE

Do I need to pre-register for classes?

- All classes will be first come first served, we recommend you arrive early to each session to claim your spot.

What types of classes will be offered?

- From invigorating flow and dance classes to restorative yin, to sound baths—there's something for everybody and every mood.



Are there activities beyond yoga?

- Yes! You can shop our Wellness Marketplace daily and connect with local artisans, soak in the warmth at our lakeside sauna and feel inspired from guest speaker offerings.

Where can I find the schedule?

- View the schedule on our website, or [click here](#)

ACCOMMODATION & TRAVEL

Is on-site lodging available?

- Yes, Edgewood Tahoe Resort offers a Taholistic Wellness Weekend Lodge Stay Package that includes pass(es) for the weekend. To learn more about the Lodge Package stay, [click here](#).

Is parking available?

- Free valet parking is available on-site. We recommend you park at the Clubhouse valet parking to have close access to our opening ceremony on Saturday. Lodge valet parking is also available.

FOOD & AMENITIES

Will food be available?

- Each weekend pass includes daily morning tea, juice and light snack offerings, our nutritious Saturday light lunch buffet and an afternoon snack to finish off the weekend on Sunday.

Can I bring my own snacks?

- Of course—just remember to keep the space clean and dispose of your waste responsibly to keep Tahoe blue.

POLICIES & SAFETY

Can I bring my children or pets?

- All attendees must be 18 years or older and for everyone's comfort, pets/service animals are not permitted.

What if it rains?

- We flow rain or shine! All of our classes and weekend offerings will be located indoors.

FINAL NOTE:

Come with an open heart, a curious mind, and a willingness to connect—with yourself, with others, and with the beauty around you. We can't wait to share this journey with you!