



## YOGA CLASS

Relax • Tone Muscles • Build Strength • Increase Flexibility

Join us at the Yoga Studio, located on Level 4 of the Elk Lodge. | \$20 per student

<b>Monday</b>	10 to 10:50 a.m.	Power Flow
<b>Tuesday</b>	10 to 10:50 a.m.	Gentle Yoga
<b>Wednesday</b>	9 to 9:50 a.m.	Warm Flow with Live Music
<b>Thursday</b>	10 to 10:50 a.m. 2 to 2:50 p.m.	Combo Flow Hiker/Biker Restorative
<b>Friday</b>	10 to 10:50 a.m. 5 to 5:50 p.m.	Core Flow Combo Flow
<b>Saturday</b>	11 to 11:50 a.m. 3 to 3:50 p.m.	Mindful Movement Combo Flow
<b>Sunday</b>	11 to 11:50 a.m.	Slow Flow

### YOUR CLASS INCLUDES:

- Access to self-parking garage.
- Access to resort amenities including the Fitness Center, Adult Relaxation Pool, Sauna, Hot Tub and Indoor/Outdoor Pool.
- Option to upgrade to a Spa Amenity Pass for an additional \$20. Pass is valid for two hours and includes a locker with robe and sandals, use of Dry Cedar Sauna, Hydrotherapy Whirlpool Hot Tub with Waterfall and our Relaxation Lounge with *complimentary* tea and snacks.

For more information, dial [435-655-2266](tel:435-655-2266) or Ext. 40050.



**WESTGATE PARK CITY**  
RESORT & SPA



## CLASS DESCRIPTIONS

---

### MINDFUL MOVEMENT

Drop into your most authentic self with this strengthening yoga class. Inspired by classical poses with an invigorating twist to focus on mobility and endurance. This class will also include breath work, centering, and meditation. Suitable for all ability levels.

### SLOW FLOW

Slow down in a vinyasa flow that will focus on traditional yoga poses, breath work, centering, meditation and mindfulness exercises. Each class is tailored to its current participants and may vary in intensity. Suitable for all ability levels.

### WARM FLOW

This is an all-levels vinyasa flow yoga class. This class can be an energizing flow, or something relaxing, restorative, and meditative. Live music begins and ends class in a gentle and intentional way, complete with a guitar and soothing singing. Regardless of age, prior experience, or physical ability, this practice can be whatever you need it to be.

### COMBO FLOW

This class will flow slowly through sun salutations and postures designed to build internal heat slowly and gently. Meditation and Pranayama (breath work) techniques are taught to promote relaxation. Class concludes with Restorative Yoga postures which settle the body and mind.

### POWER FLOW

A fast-paced flow from one pose to the next. The poses connect to each other, and your breath is used to link the different motions. This class requires focus and mindfulness.