



# YOGA CLASS

\$20 Per Class

Relax • Tone Muscles • Build Strength • Increase Flexibility

Join Us at the Yoga Studio, Located on Level 4 of the Elk Lodge

**Monday** 10:00 a.m. Mobility Yoga

**Tuesday** 10:00 a.m. Restorative Yoga

**Wednesday** 6:00 p.m. Heated Vinyasa I/II

**Thursday** 10:00 a.m. Vinyasa I/II

**Friday** 10:00 a.m. Slow Flow Yoga  
6:00 p.m. Hot Power Yoga

**Saturday** 11:00 a.m. Mobility Yoga  
3:00 p.m. Vinyasa I/II

**Sunday** 11:00 a.m. Warm Flow

For more information, dial [435-655-2266](tel:435-655-2266) or extension [40050](tel:40050) from a resort phone.



**Hot Power Yoga** - Experience the flow with various core-strengthening asanas that will keep you centered. Set in our heated studio, your muscles will enjoy building upon continued agility and accelerated strength within a progressive flow.

**Mobility Yoga** - This class is a powerful, energetic form of yoga where students move fluidly from one pose to the next while connecting their breathing to their movements. It incorporates strength, flexibility, balance, cardio and physical/mental stamina in one session.

**Restorative Yoga** - Restorative yoga is a style of yoga that encourages physical, mental and emotional relaxation. Suitable for all experience levels, restorative yoga is practiced at a slow pace, focusing on long holds, stillness and deep breathing.

**Slow Flow Yoga** - Enjoy a gentle practice with simple flowing sequences to warm up the body, followed by slower-paced movements focusing on alignment, strength, balance and flexibility. Supported insight meditation is available throughout the practice offering the opportunity to observe patterns in the physical body and mind.

**Vinyasa I/II** - Vinyasa I/II includes continuous breath-linked movements, with a focus on maintaining awareness. Students are challenged to build strength, flexibility and stamina in a vigorous practice and then explore relaxation in savasana.

**Heated Vinyasa I/II will be a heated class.**

**Warm Flow** - Experience a heated vinyasa flow class that is rejuvenating, relaxing, restorative and meditative. Temperature can be adjusted, but heat will be turned on prior to class. Suitable for all experience levels.