

# YOGA SCHEDULE



## \$20 Per Class

Relax • Tone Muscles • Build Strength  
Increase Flexibility



### Monday

10:00 a.m. Gentle Flow Yoga  
5:00 p.m. Restorative Yoga

### Tuesday

10:00 a.m. Mobility Flow  
5:00 p.m. Heated Hatha Yoga

### Wednesday

8:30 a.m. Balance & Restore  
Sound Healing Yoga  
6:00 p.m. Vinyasa Flow

### Thursday

10:00 a.m. Mobility Flow  
6:00 p.m. Sound Healing

### Friday

10:00 a.m. Gentle Flow Yoga  
3:00 p.m. Zen Flow  
6:00 p.m. Hot Power Yoga

### Saturday

9:00 a.m. Zen Flow  
11:00 a.m. Hot Power Yoga  
3:30 p.m. Vinyasa Flow

### Sunday

9:00 a.m. Restorative Yoga  
11:00 a.m. Warm Flow  
4:30 p.m. Hot Power Yoga

For more information, dial 435-655-2266 or  
extension 40050 from a resort phone.

**GENTLE 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.

**HEATED HATHA YOGA** - A traditional style of yoga in a heated setting. Students are challenged to incorporate breath work and meditation.

**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 FLOW** - 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.

**SOUND HEALING** - These classes incorporate poses that aide in Chakra balancing with Quartz Crystal singing bowls, balancing, restoring and cleansing the body's energy field. This class is a great start or end to the day.

**VINYASA FLOW** - Vinyasa Flow 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.



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