

# YOGA SCHEDULE



## \$20 Per Class

Relax • Tone Muscles • Build Strength  
Increase Flexibility



### Monday

10:00 a.m. Gentle Flow Yoga

### Tuesday

10:00 a.m. Mobility Flow Yoga

### Wednesday

6:00 p.m. Warm Flow Yoga

### Thursday

6:00 p.m. Sound Healing Yoga

### Friday

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

### Saturday

9:00 a.m. Zen Flow Yoga  
11:00 a.m. Hot Power Yoga  
4:00 p.m. Vinyasa Flow Yoga

### Sunday

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

For more information, dial 435-655-2266 or  
extension 40050 from any 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.

**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 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, physical and mental stamina and cardio all in one session.

**SOUND HEALING YOGA** - This class incorporates 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 YOGA** - 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 YOGA** - 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.

**ZEN FLOW YOGA** - Perfect for all levels, this class combines flowing vinyasa poses with restorative yin practice. This class is great for calming the mind and strengthening the body.



WESTGATE PARK CITY  
RESORT & SPA

SERENITY  
*Spa by Westgate*

