

YOGA SCHEDULE



\$20 Per Class

Relax • Tone Muscles • Build Strength
Increase Flexibility



Monday

10:00 a.m. Heated Hatha Yoga
5:00 p.m. Stretch and Reset

Tuesday

10:00 a.m. Vinyasa I
5:00 p.m. Restorative Yoga

Wednesday

10:00 a.m. Gentle Flow
6:00 p.m. Warm Flow

Thursday

10:00 a.m. Vinyasa II
6:00 p.m. Sound Healing Yoga

Friday

11:30 a.m. Zen Flow
6:00 p.m. Hot Power Yoga

Saturday

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

Sunday

11:00 a.m. Heated Hatha Yoga
4:30 p.m. Restorative Yoga

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

Gentle Yoga - Gentle yoga classes feature an exploration of mindfully paced movement, breathing and relaxation. These classes gently develop strength and lengthen the body and allow the student to connect with their breath, quiet the mind and find a deep sense of calm. Gentle classes are appropriate for all levels of students.

Heated Hatha Yoga - Warm up your body for a full day on the mountain with traditional postures and powerful breathwork. Some light balancing challenges will prepare you to tackle moguls, tree runs and other challenging terrain.

Hot Power Yoga - Hot Power Flow is a class that flows into 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 that progressive flow.

Restorative Yoga - Time to replenish the batteries. Let your body sink into deep postures that allow tension to fully dissipate. This class targets all the usual culprits of tightness and tension with a style of yoga that encourages physical, mental, and emotional relaxation. Appropriate for all levels, restorative yoga is practiced at a slow pace, focusing on long holds, stillness and deep breathing.

Stretch & Reset - Complete your day with a dialed down yoga flow honoring individuals' energy levels at the end of the day. This class allows you to arrive and enjoy quiet stillness, move the body to burn off excess energy and wind down to a deeper state of relaxation as you prepare for your evening. Sound bowls will be used during Savasana to promote a deeper relaxation and quiet the frequencies within the body.

Sound Healing Yoga - Immerse your body and soul in the healing properties of quartz crystal sound bowls in tandem with postures that aide in relaxation and restoration. Each bowl aligns with a Chakra zone within the body aiding the connection between sound and healing.

Vinyasa Flow I / II - Vinyasa flow classes are appropriate for students with any yoga experience. These classes include continuous breath-linked movement, with a focus on maintaining awareness. Students are challenged to build strength, flexibility and stamina in a vigorous practice and explore relaxation in Savasana. Level I is for beginner to intermediate, Level II is for intermediate to advanced and I/II are able to accommodate any skill level and can tailor the class to each individual's needs.

Warm Flow - Experience a heated vinyasa flow class, suitable for all abilities. This class can be energizing or relaxing, restorative and meditative. Temperature can be adjusted, but heat will be turned on prior to class.

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