

YOGA SCHEDULE



\$20 Per Class

Relax • Tone Muscles • Build Strength
Increase Flexibility



Monday

10:00 a.m. Heated Hatha Yoga

Tuesday

10:00 a.m. Vinyasa Flow I

Wednesday

6:00 p.m. Warm Flow

Thursday

10:00 a.m. Vinyasa Flow II

6:00 p.m. Sound Healing Yoga

Friday

11:00 a.m. Zen Flow

6:00 p.m. Hot Power Yoga

Saturday

11:00 a.m. Zen Flow

4:00 p.m. Vinyasa Flow 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.

Heated Hatha Yoga | 90 - 93° F

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 challenging terrain whether hiking or biking.

Hot Power Yoga | 94 - 97° F

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 your 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.

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 | 85 - 89° F

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.