



Wellness Studio Schedule

Time	Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
8am	Pre-Ski Yoga Stretch	Mountain Morning Yoga	Mountain Morning Yoga	Pre-Ski Yoga Stretch	Mountain Morning Yoga	Flow & Go	Roll With It
9am	Core Fusion Yoga	Roll With It	10am Circuit Training	Core Fusion Yoga	10am Circuit Training	Core Fusion Yoga	Mountain Morning Yoga
4:30pm	Candlelight Flow	Restorative Yoga & Music	Yin Yoga	Mindful Meditation	Candlelight Flow	Apres-Ski Yoga	Circuit Training

CLASS DESCRIPTIONS

Pre-Yoga Stretch

Reduce the risk for injury by increasing flexibility and stamina for your ski day. This session will involve deep muscle tissue stretching for those engaged muscle groups used on the slopes.

Core Fusion

The Vinyasa inspired yoga class provides a energetic, fast-paced practice, seamlessly blending traditional yoga postures with strengthening moves for the entire body.

Candlelight Flow

This gentle flow class provides a beautiful candlelit ambiance to help you fully relax. You'll be guided through yoga postures in a Vinyasa style, synchronizing breath to movement. In this class you will open and stretch your muscles with a slow movement, careful alignment and conscious breath. The perfect way to unwind after a long day.

Morning Mountain Yoga

This type of practice involves synchronizing the breath with a continuous flow of postures. The fluid, almost dance-like movements increase flexibility, strength, and stamina, as it calms the mind and improves overall health.

Roll With It

Foam rollers work by using the body's natural response to pressure. As you roll over tight spots or trigger points, the muscle relaxes. Some claim that this kind of "self massage" technique (technically called myofascial release) is useful in improving circulation, alleviating certain kinds of pain, and promoting good body responses.

Restorative Yoga & Music

Journey up through the chakras as you relax in restorative poses, accompanied by live music that recalls the subtle sounds of each chakra. You will be gently guided into a pose for each chakra, accompanied by visualizations, affirmations, readings, and song.

Circuit Training

Total body workout circuit style. This class offers stations of cardio, strength, plyometric and core training focus. Maximize calorie burn and total body training. This Class is held in the Fitness Center.

Yin Yoga

Come warm up and melt down after a long day on the slopes. Yin yoga will provide a gentle short flow series to warm up the body. Moving onto the floor for deep long holds to help the body rest and relax. Without the distraction of constant movement and muscle engagement, your connective tissues have the opportunity to stretch and release. Yin yoga is a great way to recover and prepare for your next day on the mountain.

Flow & Go

This class will provide you with creative Vinyasa flow movement giving you the opportunity to synchronize breath with movement. Focusing on linking conscious breath with a mindful flow. This class will awaken your strength, energy and flexibility in a fun atmosphere. The perfect way to start your day.

Apres-Ski

After a day hitting the mountain, you are guaranteed to ache- particularly if you've not been skiing in a while. Yoga is one of the absolute best things you can do to stretch out those tight hamstrings and core muscles.

Mindful Meditation

A form of meditation or induces relaxation that focuses awareness on breathing and encourages positive attitudes to achieve a healthy, balanced mental state. Mindful meditation is advocated for reducing reactions to stress by inducing the relaxation response, lowering the heart rate, reducing anxiety, and encouraging positive thought patterns and attitudes.

Winter class schedule is subject to change. Classes valid 12/8/2018 through 4/7/2019 and available to Stein Eriksen Lodge overnight guests only.

The Spa is reserved for guests over the age of 18 and children ages 12-17 when accompanied by an adult. Children 12 and under are welcome to the pool area only. Complimentary access to The Spa is included for all guests with treatments or services of a \$100 or higher value. Complimentary access to The Spa is also included for all Stein Eriksen Lodge overnight lodging guests.

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