



WINTER 2019-2020

WELLNESS STUDIO SCHEDULE

Toll-Free Inquiries: (435) 645-6475
Treatment Reservations: (877) 792-2104

TIME	SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
8am	Pre-Ski Yoga Stretch	Mountain Morning Hatha	Mountain Morning Hatha	Pre-Ski Yoga Stretch	Mountain Morning Hatha	Flow & Go	Roll With It
9am	Core Fusion Yoga	Roll With It	Circuit Training	Core Fusion Yoga	Circuit Training	Core Fusion Yoga	Mountain Morning Hatha
4:30pm	Candlelight Flow	Restorative Yoga	Yin Yoga	Candlelight Flow	Restorative Yoga	4pm Après Ski	4pm Après Ski
	Guest may arrange a private class with at least 24 hour notice. Call the Spa Concierge at ext. 475				5pm Candlelight Flow	5pm Circuit/Pilates	

CLASS DESCRIPTIONS

Pre-Ski 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 Yoga

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.

Mountain Morning Hatha

This Hatha yoga practice uses the breath as a bridge between body and mind to create an overall sense of peace. It builds strength and the flexibility needed to live more freely in the present moment.

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

Journey through the chakras as you relax in restorative poses. You will be gently guided into a pose for each chakra, accompanied by visualizations, affirmations, and readings.

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.

Après 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.



Winter Schedule is subject to change. Classes valid December 7, 2019 through April 12, 2020 and available to Stein Eriksen Lodge guests only. * Please note that gratuity is not included. The Spa is reserved for guests over the age of 18 and children 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.