



SPRING/SUMMER 2026

WELLNESS STUDIO SCHEDULE



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

CLASSES HELD IN VERDANDI WELLNESS STUDIO IN THE SPA

TIME	SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
10 a.m.	Rise and Align	Yoga Sculpt	Recover Stretch	Sound Therapy	Radiant Morning Yin	Anusara Fundamentals	Strengthen and Lengthen
11:15 a.m.	Rise and Align						

CLASS DESCRIPTIONS

Rise and Align

This gentle practice emphasizes breathwork, body awareness, and proper alignment in poses. Designed for all levels, building heat and energy through movement, from gentle stretches to more active postures.

Yoga Sculpt

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

Recover Stretch

After a day of hitting the mountains, you may be feeling some tension and tightness. Yoga is one of the best practices to alleviate muscle fatigue.

Radiant Morning Yin

A quiet morning yoga class designed to ease you into the day with presence and clarity. Through gentle, sustained stretches and mindful breathwork, this practice invites openness, balance, and a calm sense of awakening.

Sound Therapy

A deeply calming sound experience, where soothing vibrations support relaxation and nervous system balance.

Anusara Fundamentals

Anusara practice breaks down poses, this class focuses on the four areas we all need to stretch. Necks, shoulders, backs, and hips will feel the focus and relief.

Strengthen and Lengthen

A stretch class focused on flexibility, skeletal alignment, relaxation, and stress reduction. The ultimate mind - body class blending the best elements of yoga and core training.

Schedule is subject to change. Wellness sessions are complimentary for Stein Collection Guests. \$25 fee for non-property attendees. Please note that gratuity is not included. The Spa is reserved for guests over the age of 18.



SCAN QR CODE TO SIGN UP FOR CLASSES AND SESSION LOCATION.