

ELEVATED GROUP EXPERIENCES



UNIQUELY DESIGNED YOGA, WELLNESS & SPA PRODUCT CLASSES FOR GROUPS



WHERE TEAM-BUILDING MEETS TRANQUILITY

Wellness classes are uniquely designed for your group participants to relax, refocus, and re-energize amidst a busy agenda. Classes can include yoga sessions, hikes, Pilates, sound baths, and more. These sessions offer an unforgettable experience, tailored to help reduce stress, boost morale, and support mental clarity, enhancing the overall event experience.

Wellness sessions are typically 60 minutes long and taught by one instructor. A maximum of 20 guests per class is allowed in our Spa Yoga Room, and alternative locations can be considered for larger groups with advance notice.

PRIVATE YOGA PRICING

# OF GUESTS	COST
1-2	\$200
3-4	\$300
5-10	\$500
11-15	\$1,000
16-20	\$1,500



TAILORED WELLNESS EXPERIENCES TO FIT YOUR GROUP'S AGENDA

The wellness team specializes in crafting specific experiences that align seamlessly with your unique goals and schedule. Whether you're seeking mindfulness sessions to enhance team focus, restorative treatments to reward hard work, or energizing activities to kick off your retreat, we are here to design a program that suits your group's size, timeline, and intention. From quick revitalizing breaks to full-day wellness immersions, every detail is thoughtfully curated to ensure a restorative, memorable experience.

Private Yoga & Movement Sessions

Experience an exclusive Yoga Session, Mindful Meditation, Foam Rolling, Barre, Strength Class, or Sound Therapy with a private instructor in our Verdandi studio. Catered to your individual or group needs, goals, and pace.

Awaken Flow

Incorporate fluid movements, breathwork, and asanas (postures) to create a sense of flow and connection between body and mind.

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.

Step Aerobics with Stretch

This fun engaging class aims to improve cardiovascular fitness, build strength, flexibility, and enhance balance and coordination.

Gentle Flow

This flow slowly awakens the muscles, allowing you to explore a variety of postures through breath and movement, building strength, gaining flexibility, and cultivating stillness within.

Stein Barre

Elements of Pilates, dance, yoga, and functional training are incorporated into this class. You will use the barre to sculpt, tone, and stretch your entire body.

Roll and Recover

Foam rollers work by using the body's natural response to pressure. As you roll over tight spots

or trigger points, the muscle relaxes. This kind of technique is useful in improving circulation, alleviating certain kinds of pain, and promoting good body responses.

Anusara Flow

Anusara yoga breaks poses down and isolates certain muscles groups in the body. This class will refine your alignment and teach a deeper awareness of your overall being.

Recover Stretch Friday

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.

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

Sound Therapy

A deeply immersive full body listening experience using the sounds and vibration of singing bowls, chimes, and gongs to invite gentle yet powerful restorative processes to calm your body and mind.

Touchless Treatments

Oxygen Therapy

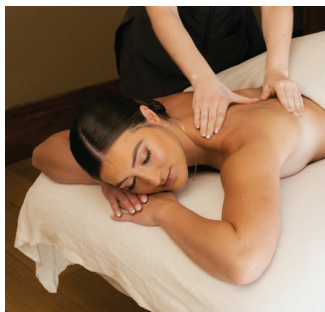
Supplemental oxygen provides numerous health benefits including high altitude relief, mental clarity, and detoxification. This treatment is particularly beneficial at higher altitudes.

Boot Relief

Boost circulation with this fast flush compression system. A quick session in our Therabody® Jet boots will decrease swelling and stiffness, reduce delayed onset muscle soreness, and relieve muscle fatigue.

WELLNESS WHEN YOU NEED IT

Whether it's a quick 30-minute session to recharge or a half-day wellness retreat to unwind and reset, these experiences are designed specifically with you in mind to help cultivate a healthier, more focused, and energized team. Below are a few ideas to enhance your group's overall well-being and engagement.



30 MINUTES OF DOWN TIME

- **Touchless Services**
 - Oxygen Therapy
 - Boot Relief
- **Guestroom amenity drops** (can include welcome bags for altitude, hydration, self-pampering, items like sleep spray, headache roller, energy boost spray etc.)
- **Quick stretch class** between meetings, during a break, or after lunch; focused on skeletal alignment, relaxation, and stress reduction.
- Enjoy the Forbes Five Star offerings of our **Spa Relaxation rooms**. Before or after public spa hours we can open our doors to you group for amenity use.

1 - 2 HOURS OF DOWN TIME

- **DIY bath salt making workshop** with an instructor.
- **Hike with yoga/yoga or movement class.** Get outdoors to enjoy the hiking trails in our backyard on Deer Valley Resort and pair this with an exclusive Yoga Session, Mindful Meditation, Foam Rolling, Barre, Strength Class, or Sound Therapy with a private instructor in our Verdandi studio. Catered to your individual or group needs, goals, and pace.

- **Customized length spa services.** If meeting agendas require a shorter service, or if a group would like to get more attendees through the spa in one day, our Spa can offer shorter treatments (30 minute massage) to fit more attendees into a daily schedule.
- **Skin care assessment class.** Meet with our skilled aestheticians for a personalized consultation and receive a 10% discount select products after the class.

2+ HOURS OF DOWN TIME

- **Customized wellness session.** The wellness team specializes in crafting specific experiences that align seamlessly with your unique goals and schedule.
- **Mini spa treatment service offerings** (30- 50 minutes in length) combined with DIY bath salt making workshop for an afternoon or morning of interactive pampering.
- Consider filling your agenda with **multiple movement or wellness classes** during the day. For example, enjoy a yoga experience paired with a sound bath.
- **Reserve entire spa space.** Full Buyouts of the Spa at Stein Eriksen Lodge can be arranged with health and wellness forward, food buffets, customized gifts, personalized robes can also be included with reservations. Based on availability.

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CONTACT YOUR EVENT MANAGER
FOR AVAILABILITY AND MORE INFORMATION

