



SUMMER 2023

WELLNESS STUDIO SCHEDULE



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

Classes Held On Flagstaff Deck (weather permitting) or Verdandi Wellness Studio In The Spa

SUNDAY		MONDAY		TUESDAY		WEDNESDAY		THURSDAY		FRIDAY		SATURDAY	
11:30am	Yogi Chi Gong	9am	Aqua Motion	9am	Sun Up Hatha	9am	Mountain Morning Yoga	9am	Strengthen & Lengthen	9am	Yogilates	10:15am	Strengthen & Lengthen
	10am									Yogi Chi Gong			
4pm	Candlelit Vinyasa	9am	Aqua Motion	9am	Sun Up Hatha	9am	Mountain Morning Yoga	9am	Strengthen & Lengthen	4pm	Gentle Flow	2pm	Yogilates
										5pm	Candlelit Vinyasa	3pm	Candlelit Vinyasa

CLASS DESCRIPTIONS

Sun Up 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.

Mountain Morning Yoga

This type of practice involves synchronizing the breath, almost dance-like movements, that increase flexibility, strength, stamina, as it calms the mind and improves overall health.

Strengthen & Lengthen

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

Yogilates

A synergistic unity of Pilates and Hatha yoga postures help to develop muscle groups for improved movement and range of motion.

Yogi Chi Gong

Mindfulness in motion routines designed to help people develop the skills to become active participants in the state of their own energy. Learn how to feel your chi and tap into your own source of vitality, healing and effortless power.

Gentle Flow

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.

Candlelit Vinyasa

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.

Aqua Motion

This water fitness is held at our outdoor pool where you will use your body's movement under water to ease the impact that gravity holds on your joints.

Summer 2023 schedule is subject to change. Wellness sessions complimentary for Stein Eriksen Lodge 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 and children 12-17 when accompanied by an adult. Children 12 and under are welcome to the pool area only. Access to The Spa is included for all guests with treatments or services of a \$100 or higher value.



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