



WINTER 2022/2023

WELLNESS STUDIO SCHEDULE



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

	SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
8:30am	Flow & Go	Sun Up Hatha 9am	Mountain Morning Yoga 9am	9am Roll With It	9am Mountain Morning Yoga	9am Yogilates	10:15am Sound Bath
9:30am	Yoga Sculpt			4:30pm Strengthen & Lengthen	10am Sun Up Hatha	10am Yogi Chi Gong	2pm Yogilates
4:30pm	Mindful Yoga			5pm Restorative Candlelit Flow	3pm Restorative Candlelit Flow		

CLASS DESCRIPTIONS

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.

Yoga Sculpt

A total body strength training workout with energetic music incorporating cardio, interval training, and yoga stretches. Come ready for fun.

Mindful Yoga

A form of meditation or induced relaxation that focuses awareness on breathing and encourages positive attitude to achieve a healthy, balanced mental state.

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.

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.

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.

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.

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.

Restorative Candlelit 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.

Sound Bath

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

Winter 22/23 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.