



WINTER 2023/2024

WELLNESS STUDIO SCHEDULE



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

CLASSES HELD IN VERDANDI WELLNESS STUDIO IN THE SPA

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
8:30am	8:30am	9am	8:30am	9am	8:30am	9am
Power Yoga	Mountain Morning Hatha	Strengthen & Lengthen	Yogilates	Strengthen & Lengthen	Mountain Morning Hatha	Mountain Morning Hatha
9:30am				10:30am	10am	
Flow & Go				3pm	Yoga-bar	Yoga-bar
4pm	2pm	4pm	4pm	Yogilates	4pm	3pm
Après Ski Yoga	Après Ski Yoga	Après Ski Yoga	Candlelit Flow Yoga	4pm	Après Ski Yoga	Après Ski Yoga
5pm				5pm	4pm	
Candlelit Flow Yoga				Flow & Go	Candlelit Flow Yoga	Candlelit Flow Yoga

CLASS DESCRIPTIONS

Après Ski Yoga

After a day of hitting the mountain, you are guaranteed to ache...particularly if you've not been skiing in a while. Yoga is one of the best things you can do to stretch out those tight hamstrings and core muscles.

Candlelit Flow

This gentle flow class provides a candlelit ambiance to help you fully relax. You will 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.

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.

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.

Mountain Morning Hatha

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.

Power Yoga

Based on traditional Vinyasa Yoga, come find the new you both in body and mind as you sweat through this heated body yoga session. Highly skilled instruction and assistant of the entire community provide the safety and fun you have been seeking in your yoga practice.

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.

Winter 23/24 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.