



SPRING/SUMMER 2025

## WELLNESS STUDIO SCHEDULE



Toll-Free Inquiries and Reservations: (435) 940-6604 | Classes will be held on the Lower Level (LL)

FRIDAY - 10:15 am	SATURDAY - 10:15 am	SUNDAY - 7:45 am
<b>Anusara Flow</b> 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.	<b>Strengthen &amp; Lengthen</b> 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.	<b>Awaken Flow</b> Incorporate fluid movements, breathwork, and asanas (postures) to create a sense of flow and connection between body and mind.

*Schedule is subject to change. Wellness sessions complimentary for Stein Eriksen Residences owners and guests. \$25 fee for non-property attendees. Please note that gratuity is not included. Silver Aspen Spa is reserved for guests over the age of 18.*