

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

CLASSES HELD IN VERDANDI WELLNESS STUDIO IN THE SPA

TIME	SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
9:15 am	Morning Flow	Yoga Sculpt	Stretch to Ski	Vitality Vinyasa Flow	Strengthen & Lengthen	Anusara Flow	Align
10:15 am	Sunday Sculpt & Sound		Stein Barre	Radiant Morning Yin		Tech Neck & Upper Back Regimen*	Strengthen & Lengthen
11:15 am	Nervous System Rejuvenation*			Elevate Longevity*			
3:15 pm		Après Ski Recovery					Après Ski Rolling
4:15 pm		Deep Powder Stretch					Après Ski Stretch

*Specialty Classes are \$35 per attendee

**CRYSTAL TONES®
SOUND BATH SCHEDULE**
\$44 per class

SUNDAY, DECEMBER 21

10:30 A.M.

Winter Solstice Sound Bath

WEDNESDAY, DECEMBER 31

10:30 A.M.

New Year's Eve Intention Setting Sound Bath

FRIDAY, FEBRUARY 13

5:30 P.M.

Valentine's Heart Opening Sound Bath

TUESDAY, MARCH 3

5:30 P.M.

Full Moon Renewal Sound Bath



CLASS DESCRIPTIONS

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.

Après Ski Recovery

This restorative yoga flow is designed to soothe sore muscles and melt away post-ski stiffness by moving through grounding stretches and mindful breathwork to bring warmth and balance back into the body.

Après Ski Rolling

Unwind after a day on the mountain with a skier-focused self-myofascial release class designed to relieve tension in the legs, hips, and lower back. Targeting rolling will melt away tightness, enhance recovery, and leave you ready for another epic day of skiing.

Après Ski Stretch

After a big day on the slopes, this skier-focused stretch class will help unwind stiffness and rebalance the body. Expect deep, functional stretches that release overworked legs and lower backs, so you are ready to ride again tomorrow.

Deep Powder Stretch

Unwind with a restorative deep stretch class designed to release tension in the hamstrings, glutes, and calves. This slow grounding practice helps improve flexibility, ease muscle fatigue, and restore balance to the body after skiing.

Elevate Longevity

It's time to step into the most incredible, vibrant version of yourself. The history of longevity is shifting from guessing to knowing and from measuring to reversing. Come discover the best program, protocol, and products for you to reverse the biological clock the fastest.

Morning 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.

Nervous System Rejuvenation

Whether you're feeling the effects of altitude, soreness, fatigue, or dehydration, this restorative experience brings your body and mind back into balance. Discover the ancient-meets-modern secret to true mental and emotional harmony, as we bridge the mind-body connection—restoring balance across the emotional, biochemical, structural, and energetic systems. Reconnect, recalibrate, and rejuvenate your entire being.

Radiant Morning Yin

A quiet morning yoga class designed to ease you into the day with presence and clarity. Through gentle, sustained stretches and mindful breathwork, this practice invites openness, balance, and a calm sense of awakening.

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.

Strengthen & 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.

Stretch to Ski

A focused class incorporating poses that mimic or complement skiing motions, using both dynamic stretches and long-held, static stretches to help skiers build strength.

Sunday Sculpt and Sound

A vinyasa-inspired yoga class, blending traditional yoga postures and strengthening moves with an upper body emphasis. This practice incorporates the melodic tones of sound and ends with a longer savasana to relax and reset for the upcoming week.

Tech Neck and Upper Back Regimen

In this workshop, we will concentrate on reversing the negative impacts of sitting at a desk and screen time.

Vitality Vinyasa Flow

A rhythmic and rejuvenating vinyasa practice focused on awakening inner energy and presence. Smooth transitions and intentional breathwork support both strength and softness, creating space for clarity and renewal.

Yoga Sculpt

This vinyasa-inspired yoga class provides energetic, fast-paced practice, seamlessly blending traditional yoga postures with strengthening moves for the entire body.

Schedule is subject to change. Wellness sessions complimentary for Stein Collection Guests. \$25 fee for non-property attendees. Exceptions include specialty classes and the Crystal Tones sound baths. Specialty classes are \$35 per attendees and sound baths are \$44 per attendee. Please note that gratuity is not included.



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