

THE CLIFF SPA

CLASS OFFERINGS

Reservations required at least two hours prior to the start of class and by 7 pm for the following day's 8:30 am class. Guest capacity is limited to 7 registered guests.

MONDAY

8:30 am Hatha Yoga
10:00 am Power Yoga
11:30 am Hatha Yoga
1:30 pm Yoga Nidra
3:00 pm Hatha Yoga
4:30 pm Gentle Flow/Restorative

TUESDAY

8:30 am Gentle Flow/Foam Rolling
10:00 am Core & Glutes
11:30 am Hatha Yoga
1:30 pm Yoga Nidra
3:00 pm Foam Rolling
4:30 pm Hatha Yoga

WEDNESDAY

8:30 am Hatha Yoga
10:00 am Gentle Flow/Foam Rolling
11:30 pm Hatha Yoga
1:30 pm Gentle Flow/Restorative Yoga
3:00 pm Hatha Yoga
5:00 pm Power Yoga
6:30 pm Hatha Yoga

THURSDAY

8:30 am Gentle Flow/Foam Rolling
10:00 am Hatha Yoga
11:30 am Power Yoga
1:30 pm Hatha Yoga
3:00 pm Gentle Flow/Restorative Yoga
5:00 pm Sola Stikk Yoga
6:30 pm Gentle Flow/Restorative

FRIDAY

8:30 am Hatha Yoga
10:00 am Power Yoga
11:30 am Hatha Yoga
1:30 pm Gentle Flow/Restorative Yoga
3:00 pm Hatha Yoga
4:30 pm Full Body Burn
6:00 pm Gentle Flow/Foam Rolling

SATURDAY

8:30 am Hatha Yoga
10:00 am Gentle Flow/Foam Rolling
11:30 am Hatha Yoga
5:00 pm Hatha Yoga
6:30 pm Gentle Flow/Restorative

SUNDAY

8:30 am Gentle Flow/Restorative Yoga
10:00 am Power Yoga
11:30 am Hatha Yoga
5:00 pm Hatha Yoga
6:30 pm Gentle Flow/Restorative

Classes are complimentary with the purchase of a spa treatment.

Classes may be altered or canceled due to unforeseen circumstances.

Reserved spots will be held for five minutes after the start of class before being offered to waitlisted guests.

Open Daily

The Cliff Lodge at Snowbird, Level 9

In-House Extension 5900

801.933.2225

thecliffspa.com

THE CLIFF SPA

HATHA YOGA

A guided, slower paced practice with attention to alignment and breathing techniques. A blend of both active and passive movements.

POWER YOGA

A fully balanced yoga practice that builds strength, creates freedom, fluidity and flexibility. A blend of moving meditation, vinyasa and longer held poses.

GENTLE FLOW/FOAM ROLLING

Incorporates foam rollers and gentle yoga stretches to release tension from the connective tissues of the body and stimulate myofascial release.

GENTLE FLOW/RESTORATIVE YOGA

A healing and calming practice with a slow yoga flow and longer held restorative poses. Releases tension from the body, balances the breath, and quiets the mind.

FULL BODY BURN

A strength and conditioning workout that enhances balance, stability and coordination through the development of core and body strength.

SOLA STIKK YOGA

A unique class that incorporates a wooden dowel to provide additional balance and support in yoga asanas, and to maximize the length, strength and functionality of each pose. Come experience new depth in your yoga practice.

CORE & GLUTES

A fun, stress relieving way to burn calories. A high-energy session that conditions muscles and targets the hips, thighs, glutes and core.

YOGA NIDRA

Yoga Nidra, translating to yogic sleep, is a deep relaxation technique and form of guided meditation. It calms the mind, reduces fatigue and expands self-awareness.