



THE CLIFF SPA

## MONDAY

8:30 am Hatha Yoga  
10:00 am Power Flow Yoga  
11:30 am Meditation and Breath-Work  
1:30 pm Gentle Flow/Restore Yoga  
3:00 pm Yoga Nidra  
4:30 pm Hatha Yoga

## TUESDAY

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

## WEDNESDAY

8:30 am Vinyasa Yoga  
10:00 am Gentle Flow/Foam Rolling  
11:30 am Full Body Mat Pilates  
1:30 pm Gentle Flow/Restore Yoga  
3:00 pm Vinyasa Yoga  
5:00 pm Power Flow Yoga  
6:30 pm Hatha Yoga

## THURSDAY

8:30 am Gentle Flow/Foam Rolling  
10:00 am Vinyasa Yoga  
11:30 am Full Body Mat Pilates  
1:30 pm Hatha Yoga  
3:00 pm Gentle Flow/Restore Yoga  
5:00 pm Sola Stikk Yoga  
6:30 pm Gentle Flow/Restore Yoga

## FRIDAY

8:30 am Vinyasa Yoga  
10:00 am Power Flow Yoga  
11:30 am Full Body Mat Pilates  
1:30 pm Gentle Flow/Restore Yoga  
3:00 pm Vinyasa Yoga  
5:00 pm Full Body Burn  
6:30 pm Gentle Flow/Foam Rolling

## SATURDAY

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

## SUNDAY

8:30 am Gentle Flow/Restore Yoga  
10:00 am Vinyasa Yoga  
11:30 am Yin Yoga  
5:00 pm Vinyasa Yoga  
6:30 pm Gentle Flow/Restore Yoga

## VINYASA YOGA

A flowing movement class to destress, revitalize your energy and center your spirit.

## HATHA YOGA

A blend of both active and passive movements, this practice focuses on alignment within the body, breathing techniques and linking movement with the breath.

## POWER FLOW YOGA

All levels welcome to this powerful yoga class of forward bending, twists, warrior poses, and backbends with opportunity for inversions. This class will teach you to hold poses longer and experience the power flow and connection of breath with movement.

## GENTLE FLOW YOGA/FOAM ROLLING

A gentle yoga flow with a transition to rolling out tight muscles with our foam rollers.

## GENTLE FLOW/RESTORATIVE YOGA

A slower paced class for rest and recovery with gentle movement and longer held restorative poses that use various props to support the body for releasing tension.

## MEDITATION & BREATHWORK

A mindful meditation to open the heart and mind through conscious control of the breath.

## SOLA STIKK YOGA

All levels welcome to this 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.

## FULL BODY BURN

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

## 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

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

## YIN YOGA

This class explores the "yin side" of the body-mind connection, using the practice to search for tension and release the fascia. It will bring increased mobility, circulation, muscular connection and a sense of release and relaxation.

## FULL BODY MAT PILATES

A full body class that will tone, stretch and strengthen the body, especially the core and glutes. Expect some classical Pilates moves with a few cardio segments. This class will use a mix of bands, blocks, Pilates balls, and hand weights.

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## NOTICE

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\$10 additional to any spa access or treatment.

Reservations required at least two hours prior to the start of class and by 9 pm for the following day's 7 am class.

Guest capacity is limited to 10 registered guests.

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.