

MONDAY

8:30 am Heart Opening Flow
10:00 am Power Vinyasa
11:30 am Foundational Flow
1:30 pm Restore
3:00 pm Yoga Nidra
5:00 pm Hatha Yoga
6:30 pm Restore

FRIDAY

8:30 am Power Vinyasa
10:00 am Slow Your Roll
11:30 am Vinyasa Flow
1:30 pm Foundational Flow
3:00 pm Vinyasa Flow
5:00 pm Slow Your Roll
6:30 pm Restore

TUESDAY

8:30 am Slow Your Roll
10:00 am Core & Glutes
11:30 am Vinyasa Flow
1:30 pm Restore
3:00 pm Soft Flow
5:00 pm Vinyasa Flow
6:30 pm Yin Yoga + Nidra

SATURDAY

8:30 am Hatha Yoga
10:00 am Slow Your Roll
11:30 am Foundational Flow
5:00 pm Vinyasa Flow
6:30 pm Restore

WEDNESDAY

8:30 am Vinyasa Flow
10:00 am Slow Your Roll
1:30 pm Restore
3:00 pm Vinyasa Flow
5:00 pm Deep Stretch + Strength
6:30 pm Flow Down

SUNDAY

8:30 am Restore
10:00 am Vinyasa Flow
11:30 am Power Vinyasa
1:30 pm Restore
5:00 pm Vinyasa Flow
6:30 pm Restore

THURSDAY

8:30 am Slow Your Roll
10:00 am Vinyasa Flow
12:00 pm Power Vinyasa
1:30 pm Vinyasa Flow
3:00 pm Restore
5:00 pm Sola Yoga Stikk
6:30 pm Restorative Yin + Foam Rolling

YOGA

VINYASA FLOW

A creative form of yoga where the poses are linked together with breath in a flowing sequence.

POWER VINYASA

An invigorating and challenging Vinyasa practice that links movement with breath, creating a strenuous moving meditation.

HATHA YOGA

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

SOFT FLOW

A slower paced yoga practice suitable for beginners and those who looking for a gentler practice.

SLOW YOUR ROLL

Slow down and enjoy the view. This class incorporates foam rollers and gentle yoga to release tension from the connective tissues of the body.

RESTORATIVE YIN + FOAM ROLLING

A combination of long holds in various seated and reclined poses to access deeper layers of fascia and quiet the mind.

RESTORE

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

YOGA NIDRA

Class begins with gentle movement and soft flow yoga before settling into yoga Nidra, a deep relaxation technique and form of guided meditation.

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.

FLOW DOWN

Combines a moderately paced Vinyasa Flow class with long, restorative, deeply stretching holds to open your body and relax your hurried mind.

DEEP STRETCH + STRENGTH

A restorative practice that focuses on longer held poses and total body stretches; all while maintaining a yin/yang style dynamism of strength and stretch.

SOLA YOGA STIKK

This style of yoga incorporates a 4-foot wooden dowel for strengthening, massaging, aligning and lengthening.

FOUNDATIONAL FLOW

We incorporate yoga's traditional roots of yoga to this comprehensive practice with breathwork, meditation and movement. This class will leave you feeling like you just touched the tip of Nirvana.

YIN YOGA + NIDRA

Long holds improve flexibility, joint mobility and stimulate energy meridians. Continue this physical meditation with a session in Nidra, reducing stress in body, mind and spirit.

HEART OPENING YOGA

A light hearted Vinyasa Flow for all levels that focuses on yoga postures that open hips, shoulders, neck and heart.

NOTICE

This can be added on to your spa access or treatment for \$10. Reservations required at least 2 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 10 registered guests. Classes may be altered or canceled due to unforeseen circumstances.

Reserved spots will be held for 5 minutes after the start of class before being offered to waitlisted guests.