

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 registered guests.

MONDAY

8:30 am [90 min] Surya Namaskar
10:30 am [60 min] Yin Yoga
12:00 pm [60 min] Cross Mat Yoga
1:30 pm [60 min] Tha Yoga [Restore]
3:00 pm [60 min] Balancing Sequence
5:00 pm [60 min] Ha Yoga [Power]
6:30 pm [60 min] Tha Yoga [Restore]

TUESDAY

8:30 am [60 min] Foam Rolling
10:00 am [60 min] Butts & Guts
11:30 am [60 min] Hatha Yoga
1:30 pm [60 min] Yoga Nidra
3:00 pm [60 min] Foam Rolling
5:00 pm [60 min] Hatha Yoga
6:30 pm [60 min] Tha Yoga [Restore]

WEDNESDAY

8:30 am [90 min] Surya Namaskar
10:30 am [60 min] Foam Rolling
12:00 pm [60 min] Hatha Yoga
1:30 pm [60 min] Tha Yoga [Restore]
3:00 pm [60 min] Hatha Yoga
5:00 pm [60 min] Ha Yoga [Power]
6:30 pm [60 min] Tha Yoga [Restore]

THURSDAY

8:30 am [60 min] Tha Yoga [Restore]
10:00 am [60 min] Fluid Heart Yoga
11:30 am [60 min] Ha Yoga [Power]
1:30 pm [60 min] Shamatha Meditation
3:00 pm [60 min] Yin Yoga
5:00 pm [60 min] Sola Yoga
6:30 pm [60 min] Tha Yoga [Restore]

FRIDAY

8:30 am [60 min] Hatha Yoga
10:00 am [60 min] Fluid Heart Yoga
11:30 am [60 min] Hatha Yoga
1:30 pm [60 min] Tha Yoga [Restore]
3:00 pm [60 min] Hatha Yoga
5:00 pm [60 min] Foam Rolling
6:30 pm [60 min] Full Body Burn

SATURDAY

8:30 am [60 min] Hatha Yoga
10:00 am [60 min] Foam Rolling
11:30 am [90 min] Cross Mat Yoga
1:30 pm [60 min] Tha Yoga [Restore]
3:00 pm [60 min] Hatha Yoga
5:00 pm [60 min] Tha Yoga [Restore]

SUNDAY

8:30 am [60 min] Hatha Yoga
10:00 am [60 min] Foam Rolling
11:30 am [90 min] Cross Mat Yoga
3:00 pm [60 min] Hatha Yoga
5:00 pm [60 min] Tha Yoga [Restore]

Classes are complimentary with the purchase of a spa treatment or 1-day pass.

Classes may be altered due to unforeseen circumstances.

Private sessions available for \$90 per hour. Reservations required.

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

FOAM ROLLING ○

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

HATHA YOGA ○□◇

A blend of both active and passive movements. “Ha” translates to sun, and refers to the masculine components of the practice which generate the most heat, inviting blood flow into the body’s active zones. “Tha” translates to moon, and refers to the feminine asanas which produce relaxing sensations.

HA YOGA [POWER] ○□◇

This class conditions the masculine elements of the spirit. High-intensity vinyasa practices generate the most Tapas (heat) internally within the body through intentional active movements.

THA YOGA [RESTORE] ○□

This class conditions the feminine elements of the spirit. Deep and slow movements provide the body with prolonged relaxation and restoration.

FLUID HEART YOGA ○□

A lighthearted Vinyasa Flow for all levels. Asanas focus on opening the hips, shoulders, neck, and heart.

BUTTS AND GUTS ○□

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

SOLA YOGA ○

Incorporates a wooden dowel to provide additional support in yoga asanas and to maximize the length, strength and functionality of each pose.

SHAMATHA MEDITATION ○

“Shamatha” or “Calm-Abiding” meditation is a Tibetan practice that offers small glimpses of clarity and insight. During this hour, the class will engage in three short meditations of 3 minutes, 5 minutes and 10 minutes.

YIN YOGA ○□◇

A slow-paced, meditative style of yoga that encourages deep emotional and fascial release. Each asana is typically sustained for three to five minutes.

CROSS MAT YOGA ○□◇◆

Involves the use of two mats, creating a mandala by continually varying the direction of practice.

FULL BODY BURN ○□

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

SURYA NAMASKAR ○□◇

A Hatha Yoga class with an emphasis on the traditional practice of Surya Namaskar, including the chanting of the mantras that correspond with each of the asanas in the sequence

BALANCING SEQUENCE ○□◇

This sequence focuses primarily on all aspects of balancing asanas.

YOGA NIDRA ○

Yoga Nidra, or “conscious sleep,” is a form of restorative meditation. The mind is transported to the state between wakefulness and sleep, creating a deep connection with the internal world and a disconnection from the external.