

# THE CLIFF SPA

## CLASS OFFERINGS

Reservations required at least two hours prior to the start of class and by 9 pm for the following day's 7:30 am class.

Guest capacity is limited to registered guests.

### MONDAY

7:30 am Mount Kailash Yoga  
9:00 am Foam Rolling  
10:30 am Traditional Tantra Yoga  
12:30 pm Universal Yoga  
3:30 pm Après Ski Yoga  
5:00 pm Ha Yoga [Power]  
6:15 pm Tha Yoga [Restore]  
7:30 pm Shamatha Meditation

### TUESDAY

7:30 am Hatha Yoga  
9:00 am Foam Rolling  
10:30 am Butts & Guts  
12:30 pm Hatha Yoga  
3:30 pm Après Ski Yoga  
5:00 pm Hatha Yoga  
6:15 pm Tha Yoga [Restore]

### WEDNESDAY

7:30 am Mount Kailash Yoga  
9:00 am Foam Rolling  
10:30 am Traditional Tantra Yoga  
12:30 pm Universal Yoga  
3:30 pm Après Ski Yoga  
5:00 pm Ha Yoga [Power]  
6:15 pm Tha Yoga [Restore]

### THURSDAY

7:30 am Tha Yoga [Restore]  
9:00 am Foam Rolling  
10:30 am Hatha Yoga  
12:30 pm Ha Yoga [Power]  
3:30 pm Après Ski Yoga  
5:00 pm Sola Yoga  
6:15 pm Tha Yoga [Restore]

### FRIDAY

7:30 am Tha Yoga [Restore]  
9:00 am Hatha Yoga  
10:30 am Universal Yoga  
12:30 pm Tha Yoga [Restore]  
3:30 pm Après Ski Yoga  
5:00 pm Cardio Hour  
6:15 pm Foam Rolling

### SATURDAY

7:30 am Intro to Ashtanga  
9:00 am Tha Yoga [Restore]  
3:30 pm Après Ski Yoga  
5:00 pm Universal Yoga  
6:15 pm Tha Yoga [Restore]

### SUNDAY

7:30 am Hatha Yoga  
9:00 am Foam Rolling  
3:30 pm Après Ski Yoga  
5:00 pm Hatha Yoga  
6:15 pm 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.

Open Daily

The Cliff Lodge at Snowbird, Level 9

In-House Extension 5900

801.933.2225

[thecliffspa.com](http://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.

## TRADITIONAL TANTRA YOGA ◻◻◻◻

This is the tantric practice of asanas as mudras. Develops control through repetition of asanas, mudras, bandhas, and drishtis to activate energy and awaken kundalini. The goal of this practice is to transcend technique into pure sensation of energy. \*Not recommended for beginners.

## INTRO TO ASHTANGA ◻◻

This class will explore the foundational postures of the Primary series of the Ashtanga Vinyasa Yoga system. With an emphasis on alignment, expect to learn the fundamental and rigorous internal practices that makes this system so grounding and rewarding. As a form of meditation in motion, postures will be linked together through the sound of the ujjayi breath.

## APRÈS SKI YOGA ◯

Ski in and stretch out. Designed to help our skiers and snowboarders feel revived after a long day of shredding pow. Come as you are, and get an introduction to yoga before it's 5 o'clock somewhere.

## 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.

## MOUNT KAILASH YOGA ◻◻

This class opens with Himalayan pranayama, followed by chanting traditional surya namaskar mantras that correspond with each asana. Finishes with light stretching and mantra work.

## UNIVERSAL YOGA ◻◻◻◻

A multi-faced system comprised of all the essential rules and laws of authentic yoga. This class upholds the traditional roots of yoga through the incorporation of asana, pranayama, mantra, yantra, meditation and internal practice.

## CARDIO HOUR ◻◻

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