

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 Surya Namaskar Yoga
10:00 am Traditional Tantra Yoga
11:30 am Universal Yoga
3:00 pm Fluid Heart Vinyasa Yoga
4:30 pm Ha Yoga [Power]
6:00 pm Tha Yoga [Restore]

TUESDAY

8:30 am Hatha Yoga
10:00 am Butts & Guts [Cardio]
11:30 am Universal Yoga
3:00 pm Tha Yoga
4:30 pm Hatha Yoga
6:00 pm Tha Yoga [Restore]

WEDNESDAY

8:30 am Surya Namaskar Yoga
10:00 am Traditional Tantra
11:30 am Universal Yoga
3:00 pm Universal Yoga
4:30 pm Ha Yoga [Power]
6:00 pm Tha Yoga [Restore]

THURSDAY

8:30 am Hatha Yoga
10:00 am Foam Rolling
11:30 am Ha Yoga [Power]
3:00 pm Shamatha Meditation
4:30 pm Sola Yoga
6:00 pm Tha Yoga [Restore]

FRIDAY

8:30 am Hatha Yoga
10:00 am Universal Yoga
11:30 am Universal Yoga
4:30 pm Cardio Hour
6:00 pm Foam Rolling

SATURDAY

space reserved to accommodate private events and workshops.

SUNDAY

8:30 am Foam Rolling
6:00 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.

Following the COVID-19 pandemic, we ask that guests supply their own mats and props.

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.

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.

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.

SURYA NAMASKAR YOGA ◯◻

Incorporates chanting the traditional mantras that correspond with each asana of the Surya Namaskar sequence. Finishes with vinyasas, stretching, and Himalayan pranayamas.

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.