

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 [60 min] UYA Surya Namaskar
10:00 am [60 min] Shiva Nata
11:30 am [90 min] Cross Mat Universal Yoga
1:30 pm [60 min] UY Conditioning
3:00 pm [60 min] UY Balancing Sequence
5:00 pm [60 min] Ha Yoga
6:30 pm [60 min] Tha Yoga

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] Shamatha Meditation
3:00 pm [60 min] Universal Yoga Asana
5:00 pm [60 min] Hatha Yoga
6:30 pm [60 min] Tha Yoga

WEDNESDAY

8:30 am [60 min] UYA Surya Namaskar
10:00 am [60 min] Shiva Nata
11:30 am [90 min] Cross Mat Universal Yoga
1:30 pm [60 min] UY Conditioning
3:00 pm [60 min] Tha Yoga
5:00 pm [60 min] Ha Yoga
6:30 pm [60 min] Tha Yoga

THURSDAY

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

FRIDAY

8:30 am [60 min] Hatha Yoga
10:00 am [60 min] Fluid Heart Yoga
11:30 am [90 min] Cross Mat Universal Yoga
1:30 pm [60 min] UY Conditioning
3:00 pm [60 min] UY Balancing Sequence
5:00 pm [60 min] Foam Rolling
6:30 pm [60min] Full Body Burn

SATURDAY

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

SUNDAY

8:30 am [60 min] Hatha Yoga
10:00 am [60 min] Foam Rolling
11:30 am [90 min] Universal Yoga Asana
3:00 pm [60 min] Tha Yoga
5:00 pm [60 min] Hatha Yoga
6:30 pm [60 min] Tha Yoga

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.

Masks are required.

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.

UNIVERSAL YOGA ○□◇◆◆

A multi-faceted 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. *Cross Mat involves the use of two mats, creating a mandala by continuously 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.

UYA SURYA NAMASKAR ○□

This class begins with chanting of the traditional surya namaskar mantras that correspond with each of the asanas in the sequence. Finishes with restorative stretching and Himalayan pranayamas.

UY BALANCING SEQUENCE ○□◇◆◆

This Universal Yoga sequence focuses primarily on all aspects of balancing asanas in all directions of space.

SHIVA NATA ○□◇◆◆

The Dance of Shiva predates Martial Arts. This class focuses on the movements of the arms and legs during the transitions between asanas and vinyasas. These highly technical, choreographed movements stimulate the Central Nervous System, thereby awakening both body and mind.

UY CONDITIONING ○□

This class strengthens specific muscle groups through dynamic and static asanas, enhancing one’s ability to perform on the mountain.