

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 6:30 am class.

Guest capacity is limited to registered guests. Masks are required.

MONDAY

6:30 am [60 min] Universal Yoga Asana
8:00 am [60 min] UYA Surya Namaskar
9:30 am [60 min] UY Balancing Sequence
11:00 am [90 min] Cross Mat Universal Yoga
1:30 pm [60 min] UY Ski Conditioning
3:00 pm [60 min] Après Ski Yoga
5:00 pm [60 min] Ha Yoga [Power]
6:30 pm [60 min] Tha Yoga [Restore]

TUESDAY

6:30 am [60 min] Hatha Yoga
8:00 am [60 min] Foam Rolling
9:30 am [60 min] Butts & Guts
11:00 am [60 min] Universal Yoga Asana
1:30 pm [60 min] Shamatha Meditation
3:00 pm [60 min] Après Ski Yoga
5:00 pm [60 min] Hatha Yoga
6:30 pm [60 min] Tha Yoga [Restore]

WEDNESDAY

6:30 am [60 min] Universal Yoga Asana
8:00 am [60 min] UYA Surya Namaskar
9:30 am [60 min] UY Balancing Sequence
11:00 am [90 min] Cross Mat Universal Yoga
1:30 pm [60 min] UY Ski Conditioning
3:00 pm [60 min] Après Ski Yoga
5:00 pm [60 min] Ha Yoga [Power]
6:30 pm [60 min] Tha Yoga [Restore]

THURSDAY

6:30 am [60 min] Shiva Nata
8:00 am [60 min] Tha Yoga [Restore]
9:30 am [60 min] Universal Yoga Asana
11:00 am [60 min] Ha Yoga [Power]
1:30 pm [60 min] Shamatha Meditation
3:00 pm [60 min] Après Ski Yoga
5:00 pm [60 min] Sola Yoga
6:30 pm [60 min] Tha Yoga [Restore]

FRIDAY

6:30 am [60 min] Shiva Nata
8:00 am [60 min] Hatha Yoga
9:30 am [60 min] Fluid Heart Yoga
11:00 am [90 min] Cross Mat Universal Yoga
1:30 pm [60 min] UY Ski Conditioning
3:00 pm [60 min] Après Ski Yoga
5:00 pm [60 min] Foam Rolling
6:30 pm [60 min] Full Body Burn

SATURDAY

6:30 am [60 min] Hatha Yoga
8:00 am [60 min] Tha Yoga [Restore]
9:30 am [60 min] Foam Rolling
11:00 am [90 min] Universal Yoga Asana
3:00 pm [60 min] Après Ski Yoga
5:00 pm [60 min] Tha Yoga [Restore]

SUNDAY

8:00 am [60 min] Hatha Yoga
9:30 am [60 min] Foam Rolling
11:00 am [90 min] Universal Yoga Asana
3:00 pm [60 min] Après Ski Yoga
5:00 pm [60 min] Tha [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.

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.

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.

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 SKI CONDITIONING ○□

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