



THE CLIFF SPA



## MONDAY

7:00 am Soft Flow  
8:30 am Hatha Yoga  
10:00 am Power Vinyasa  
11:30 am Vinyasa Flow  
1:30 pm Soft Flow + Restore  
3:00 pm Soft Flow + Yoga Nidra  
5:00 pm Hatha Yoga  
6:30 pm Soft Flow + Restore

## TUESDAY

7:00 am Hatha Yoga  
8:30 am Soft Flow + Foam Rolling  
10:00 am Core & Glutes  
11:30 am Vinyasa Flow  
1:30 pm Soft Flow + Restore  
3:00 pm Vinyasa Flow  
5:00 pm Soft Flow + Foam Rolling  
6:30 pm Soft Flow + Restore

## WEDNESDAY

7:00 am Soft Flow  
8:30 am Vinyasa Flow  
10:00 am Soft Flow + Foam Rolling  
1:30 pm Soft Flow + Restore  
3:00 pm Vinyasa Flow  
5:00 pm Vinyasa Flow  
6:30 pm Soft Flow

## THURSDAY

7:00 am Soft Flow  
8:30 am Soft Flow + Foam Rolling  
10:00 am Vinyasa Flow  
12:00 am Power Yoga  
1:30 pm Vinyasa Flow  
3:00 pm Soft Flow + Restore  
5:00 pm Vinyasa Flow  
6:30 pm Soft Flow + Restore

## FRIDAY

7:00 am Vinyasa Flow  
8:30 am Power Vinyasa  
10:00 am Soft Flow + Foam Rolling  
11:30 am Vinyasa Flow  
1:30 pm Soft Flow  
3:00 pm Vinyasa Flow  
5:00 pm Soft Flow + Foam Rolling  
6:30 pm Soft Flow + Restore

## SATURDAY

7:00 am Vinyasa Flow  
8:30 am Hatha Yoga  
10:00 am Soft Flow + Foam Rolling  
11:30 am Hatha Yoga  
5:00 pm Vinyasa Flow  
6:30 pm Soft Flow + Restore

## SUNDAY

7:00 am Vinyasa Flow  
8:30 am Soft Flow + Restore  
10:00 am Vinyasa Flow  
11:30 am Power Vinyasa  
1:30 pm Soft Flow + Restore  
3:00 pm Vinyasa Flow  
5:00 pm Vinyasa Flow  
6:30 pm Soft Flow + Restore

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# YOGA

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## VINYASA YOGA

A flowing movement class to de-stress, revitalize your energy and center your spirit.

## VINYASA FLOW

Vinyasa is a creative form of yoga where the poses are linked together with breath in a flowing sequence. This class will help increase flexibility, strength, stability, calmness and focus. The class aims to make you feel vibrant and rejuvenated.

## HATHA YOGA

A blend of both active and passive movement, this practice focuses on alignment, breathing techniques and linking movement with breath.

## POWER VINYASA

This is a flowing, powerful style of yoga that integrates breath with dynamic movement. Enhance your strength, balance, flexibility and stability while enjoying all the wonderful benefits of this practice. This flow of movement will increase your heart rate and work up a sweat. Come with an open mind to learn and grow in your yoga practice.

## SOFT FLOW

Soft flow is a slower paced yoga practice and is suitable for beginners and those who need a gentler practice. The class will unwind stress, revitalize your energy and uplift your spirits.

## SOFT FLOW + FOAM ROLLING

In this all-levels class, you will enjoy a soft flow yoga practice for the first portion of class, then transition into foam rolling. You will have the opportunity to roll out tight muscles with our foam rollers.

## SOFT FLOW + RESTORE

A slower paced yoga class for rest and recovery with gentle movement and longer held restorative poses that use various props to support the body for releasing tension.

## SOFT FLOW + YOGA NIDRA

Class begins with gentle movement and soft flow yoga before settling into yoga Nidra. Nidra, translating to “yogic sleep,” is a deep relaxation technique and form of guided mediation. It calms the mind, reduces fatigue and expands self-awareness.

## CORE & GLUTES

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

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## NOTICE

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\$10 addition to any spa access or treatment.

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

Guest capacity is limited to 10 registered guests.

Classes may be altered or canceled due to unforeseen circumstances.

Reserved spots will be held for five minutes after the start of class before being offered to waitlisted guests.



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