



YOGA SCHEDULE

Lodging guests can enjoy the 9 am class as a complimentary amenity; the 11 am class is \$20.

Day guests are welcome to join either class for \$20. Each class is 80 minutes. All levels welcome. Advance reservation required. Please visit the front desk or call 877-977-8212.

MINDFUL MORNING

9AM Daily

Arise with ease, calmness and clarity. This morning yoga class is designed to awaken the body, mind and senses to begin your day. We will move through gentle, easy stretches to help prepare your body for spa therapies, soaking, hiking and relaxing.

HATHA PRACTICE

11AM Daily

Hatha, or sun and moon yoga, is a series of postures combined with breath work. Designed to improve flexibility, balance, strength and focus, Hatha increases strength and stamina, relieves stress and anxiety and can help lower blood pressure. Modifications and personal attention will be given to make your yoga experience positive and fun!

Available classes and schedule are subject to change without advance notice.