

# STUDIO K

## CLASS DESCRIPTIONS

### **YIN YOGA** ●

In this practice, poses are held for 3-5 minutes at a time with the focus on the connective tissues of the body. Many postures are seated, but focus on the whole physical and emotional body.

### **RESTORATIVE** ●

Restorative yoga combines different postures for longer intervals, allowing you to release tension more effectively.

### **SLOW FLOW** ●

Class is slower paced than align and flow classes, and is focused on developing clear and safe alignment in foundational poses. Slow flow is a great way to transition into the work week.

### **MEDITATE & MOVE** ●

De-stress, recharge and reset with a combination of sitting, moving and guided meditation. This is a good way to set an intention to bring those fun, carefree feelings home with you, or just give your mind and body a break.

### **ALIGN & FLOW** ■

Classes are open to students of all levels and offer alignment principles and biomechanics from which students can explore their inner creative potential and have fun while healing and transforming.

### **BREATHE & FLOW** ■

This relaxing class uses the flow between poses to promote physical and emotional openings.

### **PIYO** ◆

PiYo is a total-body fitness system designed to whip you into shape from head to toe. It combines the practices of Pilates and yoga to help you build strength, lose weight, increase flexibility and have a great time doing it!

### **YOGA SCULPT** ◆

Yoga Sculpt is a class that will give you a full body workout in just one hour. This class incorporates light hand weights, cardio and yoga all in one.

### **CARDIO & BARRE** ◆

A moderately paced cardio and core workout, combining easy rhythmic moves and standing stabilization strength exercises on the barre.

● Gentle pace. Soothing flow supporting comfort & relaxation for all.

■ Moderate pace. Steady flow with balanced modification for everyone.

◆ Dynamic pace. Energized flow for those up for an added challenge & fun.

Call Keystone Spa @ 970-496-4118 or visit  
[www.keystoneresort.com/studiok](http://www.keystoneresort.com/studiok) for more  
information



**WARNING: EXERCISE HAS BEEN KNOWN TO CAUSE HEALTH HAPPINESS**