



### **Weekly Classes Offered January to March 2025**

Day/Time: Monday 4:00pm to 5:00pm

Class: Vin/Yin

Description: This class starts out with flowing movement and ends with some deep stretching, perfect end to a day on the slopes.

Day/Time: Tuesday, 9:15am to 10:20am

Class: Yoga for Balance

Description: This class uses therapeutic yoga techniques to improve balance on and off the hill.

Day/Time: Tuesday - 4:15pm to 5:20pm

Class: Hippy Flow

Description: Support your mobility on the mountain with this hip focused vinyasa class. Flowing movements linked with breath aim to release and build strength, mobility and flexibility in the hips.

Day/Time: Wednesday 6:15pm to 7:30pm

Class: Mountain Recovery

Description: Take care of those mountain muscles through a yoga class that incorporates myofascial release in areas that mountain activities tend to create stiffness and tension followed by restorative poses to further release sore, tight muscles.

Day/Time: Thursday 4:15pm to 5:20pm

Class: Gentle Hips

Description: This class uses therapeutic yoga techniques to build strength and mobility and release tension in the hips. This class is gentle and accessible to all.

Day/Time: Saturday 4:30pm to 5:45pm

Class: Mountain Recovery

Description: Take care of those mountain muscles through a yoga class that incorporates myofascial release in areas that mountain activities tend to create stiffness and tension followed by restorative poses to further release sore, tight muscles.

## Special Event

Day/Time: Friday February 14th, 4:30pm to 6:00pm

Workshop: Partner Yoga

This Valentine's Day build strength in your relationship with your significant other in this partner yoga workshop. We will begin with some breath and meditation exercises to get you and your yoga partner on the same level and then use that bond to flow through some poses that will require teamwork and connection to find balance together. The class will wind down with some partner assisted muscle release poses and then a shared Savasana. Yoga presents us with mental and physical challenges to overcome and in doing so we learn new skills that can help us on and off the mat. This is an opportunity to bring that to your relationship.

### Registration Details:

**Location:** Sun Peaks Health Centre Building, next to patrol on the slope side of the building, within sight of the Annex and learning zone and Sunburst chairlift. Look for the green flag with a bear on it."

All abilities, ages and walks of life welcome.

Class space is limited so advanced registration is strongly recommended at [www.sunpeaksyoga.ca](http://www.sunpeaksyoga.ca)

Rate: \$20 per drop in, packages available on our website. [Packages](#)

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