Yoga at the Sonnenalp Spa

WINTER YOGA SCHEDULE

Monday: 4:00pm
Tuesday: 7:30am
Wednesday: 4:30pm
Thursday: 7:30am
Friday: 8:00am
Saturday: 7:30am
Sunday: 4:30pm


General Information:
- Sonnenalp Hotel and One Willow Bridge Road guests may attend class for no charge
- No reservations necessary
- Classes run one hour in length
- Beginners welcome
- Equipment provided

Guidelines:
- Wear loose comfortable exercise clothing
- No shoes required
- Do not eat one hour before class
- Drink lots of water before and after class
- Make instructor aware of any related medical conditions
- Listen to your body
- Be true to yourself

Private classes are available. Please see spa attendant to schedule your personal Yoga class.

Please remove shoes before entering the Yoga studio. Thank you.