



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

Valid: Monday, December 16, 2019 - Sunday, April 5, 2020.

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.



Sonnenalp spa
where Vail comes to relax™