

The Eagle Athletic Club Presents

Snow Flow Yoga

Sundays, 4:30pm

Inside the Eagle Lodge and Suites

Beginning January 29th

Led by Beth Ayres and Michelle Skellion

This class is just \$5

This 1 hour yoga class will be geared to those that spent the weekend out skiing, snow-shoeing, and playing in the snow. No long Warrior holds in this class! It is all about warming the body with a mindful Vinyasa (flow) and holding various poses in order to allow for optimal stretching. A great way to spend your après-ski!



Call 970-328-6316, www.eaglelodgcolorado.com, www.facebook.com/eagleathleticclub