

Fitness Classes

Date	Wellness Class	Time	Location	Rate	Instructor
Monday	Power Yoga	9:30am	Fitness Studio (Next to Spa)	15.00	Chris H.
Wednesday	Power Yoga	9:30am	Fitness Studio (Next to Spa)	15.00	Chris H.
Saturday	Hatha Yoga	8:00am	Fitness Studio (Next to Spa)	Free	Chris H.
	Hatha Yoga	9:30am	Fitness Studio (Next to Spa)	Free	Chris H.
Sunday	Hatha Yoga	8:00am	Fitness Studio (Next to Spa)	Free	Chris H.
	Hatha Yoga	9:30am	Fitness Studio (Next to Spa)	Free	Chris H.

Holiday Classes:

Date	Wellness Class	Time	Location	Rate	Instructor
12/24/11	Hatha Yoga	8:00am	Fitness Studio (Next to Spa)	Free	Karol
	Hatha Yoga	10:30am	Fitness Studio (Next to Spa)	Free	Byron
12/25/11	Hatha Yoga	9:30am	Fitness Studio (Next to Spa)	Free	Karol
12/31/11	Hatha Yoga	8:00am	Fitness Studio (Next to Spa)	Free	Karol
	Hatha Yoga	10:30am	Fitness Studio (Next to Spa)	Free	Byron
1/1/12	Hatha Yoga	10:00am	Fitness Studio (Next to Spa)	Free	Byron

Class Descriptions:

Hatha Yoga: Is an easy-to-learn basic form of yoga that has become very popular in the United States. Hatha Yoga is the foundation of all Yoga styles. It incorporates Asanas (postures), Pranayama (regulated breathing), meditation (Dharana & Dhyana) and kundalini (Laya Yoga) into a complete system that can be used to achieve enlightenment or self-realization. It has become very popular in America as source of exercise and stress management. The ideal way to practice the Hatha Yoga poses (asanas) is to approach the practice session in a calm, meditative mood. Sit quietly for a few moments, and then begin the series, slowly, with control and grace, being inwardly aware as the body performs the various poses selected for the practice session. Do not overdo the asanas or try to compete with others. Take it easy and enjoy.

Power Yoga: Is essentially yoga with brawn. It's the American interpretation of ashtanga yoga, a discipline that combines stretching, strength training, and meditative breathing. But power yoga takes ashtanga one step further. Many of the poses (also called postures or their Sanskrit name, asana) resemble basic calisthenics -- push-ups and handstands, toe touches and side bends -- but the key to power yoga's sweat-producing, muscle-building power is the pace. Instead of pausing between poses as you would in traditional yoga, each move flows into the next, making it an intense aerobic workout.

** All complimentary classes are for Westin Mission Hills and Westin Mission Hills Villas guests only.

** \$15.00 for locals.

