



## MORNING MOVEMENT

8:00 - 9:00AM

*\$50 Drop-In for Guests of Shou Sugi Ban Inn*

Monday	SCULPT & STRETCH	Movement Pavilion
Tuesday	HEART OPENING HATHA YOGA	Meditation Hall
Wednesday	STRENGTH & BALANCE	Movement Pavilion
Thursday	STRETCH & RELEASE	Meditation Hall
Friday	YOGA SCULPT	Movement Pavilion
Saturday	MAT PILATES	Meditation Hall
Sunday	SSBH SIGNATURE WORKOUT	Movement Pavilion

### SCULPT & STRETCH

A series of targeted exercises that will help establish strength and flexibility in core muscle groups.

### HEART OPENING HATHA YOGA

Invigorate the mind, breath and body through guided meditation, breathwork, asana and gentle movements drawing on a traditional Hatha yoga practice.

### STRENGTH & BALANCE

A fast-paced class that incorporates deep core stabilizing and strengthening exercises for a full-body workout. Weights, bands and kettlebells are incorporated to improve overall strength and stability.

### STRETCH & RELEASE

Combining deep stretching and yin-style yoga, this class targets the connective tissue and fascia, helping to improve joint mobility, increase circulation, and release tight and sore muscles.

### YOGA SCULPT

Experience a physically invigorating combination of interval training coupled with the mindful techniques of flow yoga.

### MAT PILATES

Strengthen, lengthen and focus on your core in this traditional mat class.

### SSBH SIGNATURE WORKOUT

A high intensity workout based on the core principles of traditional strength training and conditioning. Our most intense morning movement class.