

WEDNESDAY WORKSHOPS

SUMMER SEASON

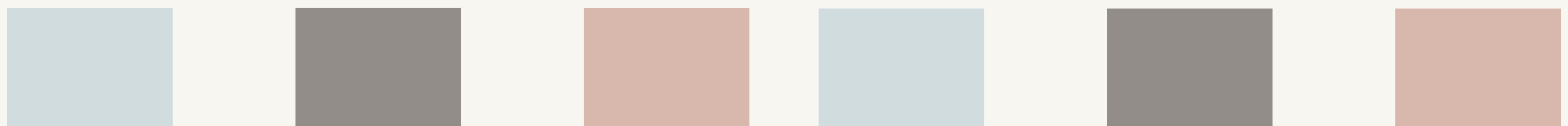
4:00-5:30PM

MEET IN THE
YOGA ROOM

THEMES &
TOPICS CHANGE
WEEKLY

INSTRUCTORS
CHANGE
WEEKLY

INCLUDED IN
YOUR
MEMBERSHIP
**WITH THE EXCEPTION OF
WINE & YOGA*



DATES, THEMES, INSTRUCTORS

June 3: Unwind & Uncork Wine & Yoga with Valerie
**\$45.00 cost for this event*

June 17: TPI - Golf Screen and Drills for Longevity, with
Dr. Brandon, DPT

July 1: Mountain Biking & Cycling Specific Training &
Mobility + Functional Strength with Casey

July 15: Flow into Sound with Eliza

July 29: Balance Work with Kelsey

August 12: Journey through the Chakras with Julie

August 26: Arthritic Knees but Strong and Pain Free with
Dr. Brandon, DPT

September 9: Balance Work with Kelsey

September 23: Flow into Sound with Eliza

October 7: Meals & Macros Discussion with Heather

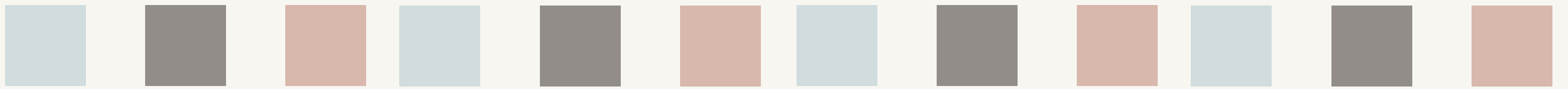
October 21: Unwind & Uncork Wine & Yoga with Valerie
**\$45.00 cost for this event*



To sign up for a specific workshop, email
Fitness Manager, Heather Blakeman:
hblakeman@telski.com

Sign ups are highly encouraged and
drop-ins (Spa Day Pass) are welcome.

WEDNESDAY WORKSHOPS



DATES, THEMES, INSTRUCTORS, DESCRIPTIONS
ALL WORKSHOPS WILL MEET IN THE YOGA ROOM TO BEGIN

June 3: Unwind & Uncork Wine & Yoga with Valerie

Come join us for the happiest of happy hours in Telluride. Sip wine with sommelier, Valerie, while she leads you through a yoga flow.

**\$45.00 cost for this event*

June 17: TPI - Golf Screen and Drills for Longevity, with Dr. Brandon, DPTL

Learn how mobility, stability, and strength impact your golf swing. This workshop covers simple TPI-based screens and drills to help you move better, play longer, and stay pain-free on the course.

July 1: Mountain Biking & Cycling Specific Training & Mobility + Functional Strength with Casey

Learn about mobility and strength limitations that impact your time on the bike. Learn new exercises that apply to your practical strength training to improve your endurance. Applicable to mountain biking and road biking.

July 15: Flow into Sound with Eliza

Flow into sound will start with a slow yoga flow practice combining intentional vinyasa movements with longer holds- emphasizing present mindfulness over speed, making it perfect for reducing stress, improving flexibility, and increased awareness. The class will finish with a sound healing session using instruments like singing bowls to create rhythmic vibrations and frequencies, facilitating deep relaxation and spontaneous meditation.

July 29: Balance Work with Kelsey

Kelsey will lead you through a progressive series on the importance of balance, exercises to improve your stability and a flow of movements that works your mental and physical balance awareness.

August 12: Journey through the Chakras with Julie

Join Julie in an educational session, learning all about the Chakra energy centers of the body followed by a yoga flow with Chakra-activating movement. Use this time to connect physically and mentally to the chakra energy within your own body.

August 26: Arthritic Knees but Strong and Pain Free with Dr. Brandon, DPT

Practical workshop discussing research on knee arthritis, common causes, prevention, exercises, and long term joint health

September 9: Balance Work with Kelsey

Kelsey will lead you through a progressive series on the importance of balance, exercises to improve your stability and a flow of movements that works your mental and physical balance awareness.

September 23: Flow into Sound with Eliza

Flow into sound will start with a slow yoga flow practice combining intentional vinyasa movements with longer holds- emphasizing present mindfulness over speed, making it perfect for reducing stress, improving flexibility, and increased awareness. The class will finish with a sound healing session using instruments like singing bowls to create rhythmic vibrations and frequencies, facilitating deep relaxation and spontaneous meditation.

October 7: Meals & Macros Discussion with Heather

Join Heather for a discussion about macronutrients (protein/fats/carbs) and various meals, recipes, and more

October 21: Unwind & Uncork Wine & Yoga with Valerie

Come join us for the happiest of happy hours in Telluride. Sip wine with sommelier, Valerie, while she leads you through a yoga flow.

**\$45.00 cost for this event*

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