



Yoga at Trapp Family Lodge

Our yoga program aims to provide custom, quality yoga instruction. Through careful attention to your body, we teach principles and techniques that cultivate body awareness, demonstrate proper alignment, promote muscular strength and flexibility, use breath for both concentration and relaxation, and improve the quality of your energy.

Good Morning Yoga | \$15.00/class

Wake up to yoga! Our Good Morning Yoga is an ideal way to relax the mind, find space in the body, and unwind after traveling. All levels are welcome!

Outdoor Yoga | \$15.00/class

Outdoor yoga is practiced on the stage in our Concert Meadow during the summer. Come enjoy an accessible yoga class surrounded by fields, flowers, forests, and mountains. Listen to the birds while you breathe and stretch.

Yin | \$15.00/class

Yin is a slow, meditative practice that is designed to address connective tissue tightness. In this practice, postures are held for several minutes to help open up the fascia. If you have perpetually tight hips, shoulders, pelvis, lower back, etc., this practice will be perfect for you.

Vinyasa | \$15.00/class

Vinyasa is a practice that links breath with movement, creating a flow from one posture to the next. In this practice, transitions to and from downward dog are introduced. This class is ideal for more experienced partakers.

Private Sessions

1 Hour Private Session \$90.00 | Private Session For two or more people \$100.00 |

Two Private Sessions \$170.00 for one person, two-one hour sessions

Three Private Sessions \$250.00 for one person, three-one hour sessions

Private classes are a great way to shift the class focus to suit your specific needs—whether you are brand new to yoga and simply want to learn the basics, recovering from an injury or illness, or want to develop an at home practice. Private weddings and corporate groups are welcome! These sessions offer a fun way to unwind together.