

NEW

Wellness, Arts, & Eats Experiences

Feb 15 – Mar 27

Located at the Hawk's Nest Cabin.
Registration required. Scan QR code below.

Morning Yoga

**EVERY SUNDAY, WEDNESDAY, AND FRIDAY
COMPLIMENTARY**

**MOUNTAIN FLOW YOGA
7:45AM-8:35AM**

Warm up your legs, hips, and core before you hit the slopes with gentle heat-building movement, breathwork, and targeted stretching.

**ALPINE BREATH & SLOW FLOW YOGA
10:00AM-10:50AM**

Unwind and reconnect at altitude with mindful transitions and long, spacious stretches designed to help you cultivate a deep sense of calm and support your body's natural rhythm.



Sushi Rolling & Tasting Class

**EVERY SUNDAY 11:30AM-1:00PM
PRICE: \$50**

A hands-on, chef-led sushi experience where delicious flavors, fresh ingredients, and the art of the roll all come together—ending with the best part: tasting and enjoying every bite you create.

Cocoa & Canvas

**EVERY WEDNESDAY 11:30AM-1:00PM
PRICE: \$25**

Attend our cozy, instructor-guided paint-along class where rich hot cocoa flows, creativity comes to life, and guests of all ages leave with a one-of-a-kind masterpiece to treasure.



Sound Meditation & Stretching

**EVERY FRIDAY 11:30AM-12:30 PM
COMPLIMENTARY**

Slow down, open up, and melt into meditative alpine calm within a radiant sound and light meditation—shimmering chimes, ambient glow, and the soft rush of mountain air guiding you inward.



Beaver Creek

NOT EXACTLY ROUGHING IT.



SPACE IS LIMITED. SIGN UP NOW.