

YOGA CLASS DESCRIPTIONS

Beginner Yoga: Beginner flow class where both new and experienced yoga enthusiasts are welcome. If the thought of yoga has seemed intimidating in the past, this is the class for you. Come learn some of the most common poses found in a typical practice. Class will be physically challenging with a slower pace targeting a beginner yogi.

Deep Release Yoga: This class is structured as a slow flow with little to no standing, in a warm room. Poses are limited in number and held for four to six minutes, while focusing on the most major of joints, the hips. Props are available and encourages as participants allow both time and warmth to gently relax the muscle. This class is designed for the runner, walker, cyclist or those who spend a lot of time sitting at their jobs.

Flow and Stretch: This is a combination of a Vinyasa Flow Class and deep stretching. This class is great for any beginner to moderate level participant.

Gentle Yoga: Rejuvenate, reduce stress, increase flexibility & strength with this gentle yoga class introducing students to basic yoga postures and breathing techniques. The approach is gentle, supportive and caring.

Hatha Yoga: Hatha Yoga is the most widely practiced form of 'gentle yoga' in the world. This class is a great place for those who just want to take it slower or are a beginner to intermediate level. Hatha Yoga combines postures (asanas) with conscious breathing (Pranayama) while developing flexibility, balance, endurance, strength and mental clarity. Students can expect to develop body awareness and explore alignment of bones and joints to the varied postures while using blocks and a strap. Think of Hatha yoga as maintenance for the body and mind in a peaceful and relaxed environment.

Mindful Yoga: In mindful yoga you will learn to be present by using the asanas, breath and dristi to help you focus your mind, body and spirit for a more deeper and satisfying yoga practice. Leaving you refreshed and more confident to handle day to day challenges.

Pilates: is a mind body exercise that challenges your core while sculpting longer and leaner muscles. Pilates improves flexibility, builds strength, and develops control and endurance. Your core muscles will be defined as the deep, internal muscles of the abs and back engage to stabilize your torso. Exercises are tailored in range of difficulty from beginning to advance. Intensity is increased over time as the body conditions and adapts to the movement.

Power Vinyasa: Students will flow through unique sequences of postures, uniting breath and movement, while holding other postures to develop strength, stability, and openness. It will leave you refreshed and ready to step back into the active and busy world.

Restorative Yoga: This class is for all levels and uses poses that are supported with props such as blankets, bolsters, chairs, straps and blocks. This practice will allow your body and mind to fully relax from your stressful week of work and life or simply from your daily work out at the gym. Restorative practice at the end of the week will lift your spirit and refuel your body for the following week.

Slow Flow: is based on traditional Ashtanga and Iyengar practices, It is designed to build strength with your own body, flowing slow and holding deep positions to release the excess fascia from the muscles allowing the muscle to build, work properly and gain flexibility. Purposefully and with intent moving in and out of positions and critiquing the posture. We also practice binding, arm balances and inversions.

Vinyasa Flow: An appropriately styled vinyasa flow that meets your needs on that particular day. Suitable for beginners to advanced with many options for poses. Vinyasa means movement with the breath so there will be some holds but may only last a total of 10 breaths.

Yoga all Levels: Students are introduced to a variety of postures and breath work within a moderate pace "flow" yoga style. Focusing on breath and body awareness moving through yoga postures with healthy alignment. Open to beginners and continuing students.