Wantagh Yoga

CLASS DESCRIPTIONS

Find a practice that meets you where you are.

Gentle Morning Flow

Wake up with easy stretches, simple postures and flowing movement. A gradual pace and mindful breathing offer a gentle start to your day.

Gentle Yoga

A slower-paced practice of accessible postures, gentle stretching and mindful breathing. A welcoming choice for beginners or anyone seeking a softer practice.

Hatha

Explore traditional yoga postures with steady holds, alignment awareness and mindful breathing. A measured pace gives you time to explore each pose.

Hatha & Stretch

Combine foundational Hatha poses with focused stretching. Move mindfully, explore a comfortable range of motion and ease everyday tightness.

Hatha Flow

Connect classic Hatha postures in a flowing sequence. Balance movement with steady holds and breath awareness, allowing time to explore alignment.

Vinyasa

Link breath and movement through flowing sequences, standing postures and transitions. Build strength and balance, with options to adjust the challenge.

Open Level

A well-rounded practice for a range of experience levels. Explore movement, balance, stretching and breath, choosing variations that suit your comfort.

Open Level Flow

Connect movement and breath in flowing sequences with options for different experience levels. Explore transitions and balance at a challenge that suits you.

Prana Sculpt

Blend breath-centered yoga with mindful strength and stability work. Explore controlled movement, body awareness and a connection between breath and effort.

Gentle and Restore

Begin with gentle movement and stretching, then settle into restful poses. A soothing practice that combines comfortable mobility with time for stillness.

Yin Yoga

Settle into longer-held, mostly floor-based poses with a comfortable amount of stretch. Emphasize stillness, patient attention and awareness of your body's limits.

Yin & Restorative

Combine sustained Yin stretches with restful, supported poses. Expect a slow pace, quiet breathing and space to settle comfortably into stillness.

Gentle Yoga + Meditate

Pair accessible postures and gentle stretching with meditation. Slow down, notice your breath and practice returning your attention to the present moment.

Therapeutic Yoga & Sound

Enjoy gentle, mindful movement, breathing and rest in a calming sound atmosphere. Movement choices and sound elements vary by instructor and session.

Qi Gong: Move, Meditate

Explore slow, coordinated movements and focused breathing rooted in Qi Gong. Gentle standing sequences emphasize ease, balance and meditative attention.

Yoga Sculpt (Optional Weights)

Combine yoga-inspired movement with strength exercises. Choose optional weights or bodyweight variations to adjust your effort, with attention to form.

Flow, Core & Restore

Move through flowing yoga sequences and focused core work, then ease into restorative rest. Balance strength and stability with stretching and relaxation.

Yoga & Pilates

Blend yoga stretching and breath awareness with Pilates-inspired core work. Controlled movement emphasizes posture, alignment and coordination.

Workshops & Private Yoga Monthly Workshop Wednesdays feature changing themes. Private yoga, private classes and yoga parties are available; contact the studio for details.

Your First Class Bring your mat and arrive at least 10 minutes early. Classes are 55 minutes unless noted. Pacing and sequences vary by instructor; check the current schedule for times and availability.

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