

Yoga Class Descriptions

Beginners Yoga - This class is designed as an introduction to the practice of yoga. Class is slower-paced than an all-levels class, and focused on developing clear and safe alignment in foundational poses. This class is also appropriate for Prenatal clients.

Gentle Yoga - A slow-paced class featuring more seated and supported postures. The class moves through a series of gentle movements connecting your breath to your body, improving relaxation, flexibility, and recovery. Especially well-suited for those with pain, trouble sleeping, anxiety, or high levels of stress.

Hatha - Hatha Yoga is the physical practice of yoga. These classes guide you through movement that develops strength, and flexibility, and develop the connection between, body, mind & breath. Deepen your understanding of the postures & basic alignment in the body, breathing, and relaxation techniques.

Next, these classes are designed for mixed-level participants - All Levels Welcome

Hatha Flow - classical Hatha postures that flow from one to another with some pauses for added instruction and teacher demonstration. If the class is Dynamic you will have the opportunity to deepen the strength of your practice by holding the poses for longer and maybe, if appropriate, for your level, you can try other postures that require more strength and flexibility, balance, and control.

Vinyasa - Perhaps the most popular style practice these classes keep you moving! You'll flow continuously through strong sequences of traditional Sun Salutations and standing postures, linking breath with movement and building strength and endurance as you push the edge of your balance and flexibility.

Intermediate Yoga - More physically challenging than beginner yoga and multi-level flow, this yoga class incorporates conscious breath-work, vinyasa flows, sun salutations and balance poses to stretch and strengthen the body. The instructor will provide opportunities to try advanced strength, balance, and inversion poses. It is recommended for students with a consistent yoga practice and understanding of yoga postures and alignment.

Specialty Classes

Restorative Yoga - a restorative practice is about resting and seeking to not stretch your body. You are not working toward any type of deeper physical sensations during this practice yet more of receiving a deeper sense of relaxation in order to reset your nervous system. To allow your body to deeply relax many restorative poses are held for more than five minutes. This practice uses different props to support your body so you can deeply relax with as little physical effort as possible.

Yin- A Yin yoga class usually consists of a series of long-held, passive floor poses that mainly work the lower part of the body – the hips, pelvis, inner thighs, and lower spine. These areas are especially rich in connective tissues. The poses are held for up to five minutes, sometimes longer. Yin is almost entirely passive, although some Yin asanas contain Yang elements. During

the asanas, muscles are relaxed to avoid muscle spasms, which could result from engaging muscles for long periods.

Ashtanga - Ashtanga Yoga is a dynamic yoga practice based on vinyāsa which synchronizes breath with movement and visual focal points which is both calming and energizing. Over time when the yoga positions are performed combined with proper breathing techniques, sensory management and self-awareness are developed and enhanced. The practice not only promotes physical strength, but also a deeper understanding of bodily control and mental discipline. The ideals learned during practice are meant to be applied to everyday life, bringing about a more stable mind and body. This gives students a foundation for a healthy lifestyle.

Kundalini Yoga - is a combination of movement, breath (pranayama), meditation, and chanting. Its goal is not only to make the body stronger and more energetic but also to increase your level of self-awareness and consciousness. Its purpose is to activate your Kundalini energy or shakti. This is a spiritual energy that's said to be located at the base of your spine.

Samavāya Hatha - A Sanskrit word that means to Come Together, This Hatha class is the deepest among other Hatha Yoga Classes. Combining traditional Hatha, Tantra, and Ashtanga yoga while linking mindfulness and mantras throughout the class. You will begin warming the body with Sun Salutations, Standing postures, Balancing postures, and long deep stretches and holds with emphasis on strong alignment. This class is for someone to build strength and flexibility. Mind of a Buddha, Heart of a Yogi.