

CLASS DESCRIPTIONS

A typical yoga class begins with warm-ups (seated or laying down poses, gentle twists) before moving into standing poses, balance poses, and hip and hamstring openers. Class ends with a brief resting period called *savasana*, which is a favorite part for most students.

Our teachers offer modifications so that all students in every class can participate fully.

BASIC: A great start for students new to yoga. The class covers the fundamentals of the basic yoga poses, and students learn to perform them with confidence and grace. The instructors focus on alignment principles and linking movements with breath.

BASIC PLUS: This class adds a few more challenging poses to those explored in a Basic class. The class moves at a slightly quicker pace than a Basic class.

GENTLE: A slow, calm practice that provides a nurturing environment for relaxation, this is another great class for students new to yoga. Gentle poses and breathing techniques promote overall well being and relaxation.

STRETCH, STRENGTH & BALANCE (CHAIR YOGA): A safe and gentle yoga program that anyone can do. Practiced while sitting on a chair or standing using a chair for support. The class builds strength and confidence as well as increased balance and flexibility. It lifts spirits and reduces stress.

RESTORATIVE: A relaxing style of yoga which helps to reduce the physical and emotional effects of stress. The poses will be supported using props (blocks, bolsters and blankets) so that they can be held longer - allowing the body to open, while slowing down the racing mind. This class helps students to reduce stress, become grounded, and bring balance to their bodies.

PRIVATE: A private class is a great introduction to yoga or way to deepen one's current practice. A private class (individual or small group) can be tailored for specific needs, such as an area of pain or discomfort or a student's particular goals. Pricing for private classes varies. Contact Lisa for more information.