

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 or hamstring openers. Class ends with a brief resting period called *savasana*, which is a favorite for most students.

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

GENTLE: A great start for students new to yoga. A slow, mindful practice incorporating breathing techniques to promote overall well-being and relaxation.

BASIC: This class covers the fundamentals of yoga poses. Students learn to perform them with confidence and grace, and 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 and moves at a slightly quicker pace.

STRENGTHENING: This class will build strength and balance along with toning your entire body with gentle/basic yoga. It may include use of weights and resistance bands for strengthening.

STRETCH, STRENGTH & BALANCE (CHAIR YOGA): This is a safe and gentle yoga program that anyone can do. It's 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.

RESTORATIVE: This 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 become grounded and brings balance to their bodies.

FAITH: A gentle/restorative yoga class with prayer and worship music. This class allows you to connect with your Christian faith in a safe space full of peace, love and grace.

PRIVATE: A private class is a great way to start your yoga practice or a way to deepen one's current practice. A private class (individual or small group) can be customized to meet your goals, needs and schedule.

1 session for \$40, 3 sessions for \$100 or 5 sessions for \$160.