

Heated Yoga Classes

Espresso Flow - No need for your morning shot of coffee! Just slip out of bed and onto your mat. This class will leave you energized, focused and ready to start your day with clarity.

Happy Hip Flow – Tight hips and hamstrings? Make them happy with this class, a slower but steadily paced vinyasa sequence focused on opening up the hips. Find freedom as you move through a series of fluid poses to release tension in the pelvis and legs.

Core Flow – Play stronger! This class is similar to a power vinyasa class, but with an added focus on the core, integrating breath work and awareness. Plenty of opportunities to play and explore challenging twists, folds, balances, and inversions.

Hot Power Detox Flow - End your weekend right with our cleansing and energizing flow! Packed with detoxifying poses that aid in digestion and mental clarity, you'll come out of class ready to take on the week ahead. Note: this practice involves lots of twists and ab work, so be sure to come to class on an empty stomach.

Unheated Yoga Classes

Back to Basics - In this class, we'll explore the fundamentals of vinyasa yoga, moving at a slower pace than usual to increase breath awareness, strength, flexibility, and stamina. All levels welcome, but especially beneficial for beginner and intermediate practitioners.

Yin Yoga – Ready to chill out? In yin class we take our sweet time, holding poses for up to four minutes to enjoy a deeper stretch. This gentle style of yoga improves organ health, immunity, and emotional well-being. All levels welcome!

Prenatal Yoga - Expectant mothers in any stage of pregnancy can enjoy the benefits of this active, safe, and supportive prenatal yoga class! A regular asana practice can enhance all stages of your pregnancy. Read more on our prenatal yoga page.

Gentle Yoga - In this healing class, we use therapeutic props to open up and create space in the body. Poses are not held for quite as long as they are in a yin class, though we take our time in each one. Whether you are new to yoga, nursing an injury, or think you "can't" do yoga, we've designed this class to make yoga accessible to everyone—all are welcome!

Private Yoga Lessons

Are you looking for assistance with your yoga practice? Whether you want to learn the basics, perfect your alignment, or reach new heights in your arm balances, private yoga lessons are an excellent way to deepen your understanding of yoga. Lessons on pranayama and meditation are available as well—let us know what your goals are, and one of our skilled yoga instructors will help you reach them!

Yoga Therapy is also available at our studio. These specialized sessions are conducted one-on-one with Nancy. Drawing on her training at Duke's Integrative Medicine program, she will construct a personalized program to help you achieve your health goals. Nancy has improved the lives of students with a diverse range of conditions—call us today to take the next step in your healing journey!