

# Class Descriptions

## **Gentle/Restorative**

Harmony is designed to improve balance, strength, flexibility and promote better body awareness. This class is ideal for beginners or those wanting a more gentle and meditative practice. ALL LEVELS INCLUDING BEGINNERS WELCOME.

## **Restorative**

Restorative yoga is a form of active therapeutic relaxation that uses props to modify traditional yoga postures. These modified postures open the body to deep relaxation and healing. This class is ideal for those suffering from chronic pain, stress, injury, or those wanting to relax and renew.

ALL LEVELS INCLUDING BEGINNERS WELCOME.

## **Gentle**

A slower paced class designed to relieve stiff muscles & joints through movement. A warm up, gentle asana, breath work, balance, and stretching will be included in this class. Suitable for anyone who wants to reduce stress through movement and relaxation. ALL LEVELS INCLUDING BEGINNERS WELCOME.

## **Gentle Flow**

Gentle Flow is a slower paced vinyasa-based class that focuses on an exploration of basic yoga poses and how to connect them through attention to breathing, alignment and mindfulness. You will learn techniques to gain flexibility, strength, and balance at a slower pace-allowing time to enjoy each pose or sequence with rest in between. Perfect for all levels.

## **Foundations**

Foundations is an introductory class designed for the new yoga practitioner or those who want to get back to the “basics.” This class will focus on the principles of alignment and begin to introduce breathwork. Classes will improve balance, strength, flexibility and promote better body awareness. ALL LEVELS INCLUDING BEGINNERS WELCOME.

## **Multi-Technique and Alignment**

This multi level class will bring you full circle in your yoga practice. Included in this practice are standing and seated postures, back bends, twists and inversions. Both holding postures and some vinyasa included. ALL LEVELS INCLUDING BEGINNERS WELCOME.

## **Multi Flow**

Multi flow is a multilevel vinyasa-style practice with a blend of sun salutes, standing, balancing and seated postures, core work, and inversions. Appropriate modifications and variations will be offered to meet all needs. A general knowledge of asana suggested.

\*Some classes the room will be heated to 80 degrees. (Slightly warm)

## **Happy Hour**

This multi level class comes to you for half price. Join us for happy hour!

ALL LEVELS INCLUDING BEGINNERS WELCOME.

## **Hot**

Hot Yoga is a specific sequence of standing, seated and backbending postures practiced in a heated room. This class is designed to build flexibility and strengthen the body. The heated room promotes detoxification and cell renewal. ALL LEVELS INCLUDING BEGINNERS WELCOME. \*PLEASE BRING WATER.

## **Vinyasa/Hot Vinyasa**

Vinyasa is designed to synchronize breath with movement. This class will increase strength and endurance while giving you the most amazing practice! Classes are beginner friendly; INT CLASSES ARE FOR THE INTERMEDIATE PRACTITIONER (NOT RECOMMENDED FOR BEGINNERS). Hot Vinyasa classes are in a heated room (95-98 Degrees).

## **Power Hour**

Power Hour is an invigorating one hour astanga based class. Begin your day with fluid motion, core strengthening, static holds, and inversions. This practice is a strength and technique oriented class. General knowledge of asana preferred.

## **Fluid Power**

Fluid Power is an exhilarating moving meditation that integrates inversions, core strengthening, dynamic movement, static holds, and pranayama. This practice is a fluid, precise, and technique oriented class that will take the practitioner deeper than imaginable. NOT RECOMMENDED FOR BEGINNERS.

## **Pre-natal**

Pre-natal class will help support the uterus and pelvic muscles, improve circulation, help digestion, and increase overall comfort. Pre-natal class can also ease many of the discomforts of pregnancy such as nausea, swelling, back pain and sciatica, and constipation. Along with other moms-to-be you will find comfort in the ability to freely discuss any issues, from discomforts and concerns, to the amazing new changes your body and baby are experiencing.

## **Post-Natal**

New Mommy’s face challenges, post delivery issues, lack of sleep, an entire new life along with the bliss of loving your little creation. Bring your infant to mommy and me yoga. Get some exercise, bond with your new baby, and begin friendships with other women sharing the same experience!

## **Kids (4-11)**

Yoga for kids makes for calmer, happier, and healthier kids! This class combines postures, games, stories, and much more! If you can do it, kids can too!

## **Teens**

For teens, yoga is an excellent source of exercise to reinforce positive habits and stress healthy living.

## **Yin**

In Yin Yoga, we hold postures for several minutes, usually from a couple to five minutes. We focus on relaxing the muscles of the target areas that we intend to influence. This allows not only for muscles to get a deep stretch, but for deep tissues such as fascia, ligaments, tendons and joints to be exercised in a very beneficial way. This type of yoga is an ideal compliment to Yang exercises, which include non-Yin Yoga, running, walking, biking and working out with weights. Yin Yoga is associated with improvement in flexibility, maintenance of mobility, and a high likelihood of euphoria.

New client offer 5 classes for \$25 with a 6 week expiration. Class packages begin at \$65 (5 classes) and go up to \$250 (25 classes). We also have a variety of unlimited packages available for your yoga needs. Seniors/students/military receive 10% discount on regular class packages.