Yoga Class “Key”

Yoga mats and water are needed for all classes; other equipment (blocks, straps, etc.) as you feel you want

Sections 21, 27, 34

**Vinyasa yoga**

a dynamic practice that flows from one pose to another, using the breath to unite the mind and body. Through strengthening and stretching postures, you will feel relaxed and restored.

All levels welcomed— all you need to do us breathe and turn inwards!

Sections 16, 20, 23

**Type: Vinyasa Yoga**

This class combines breath, movement, strength, and flexibility in such a way that students begin to explore the feeling of the postures, rather than seeing the poses.

Based on the classical Ashtanga Yoga, the movements flow with the breath to create a moving meditation.

Sections 01, 07

**Hatha Slow Flow**

Combining breathing practices, asanas, and mindfulness, this class helps to increase flexibility, strength, clarity, and balance.

Seated, standing, and supine postures are utilized and often connected with breath to create a gentle flow in the practice.

Sections 02, 13

**Vinyasa Yoga**: is a moving yoga practice which links one asana, or pose, to the next through the breath.

Vinyasa Yoga merges movement and stillness into a meditative practice.

Section 35

**Hatha Yoga**: Introduces yoga concepts in a format that pays attention to asana, or posture, allowing the body to release and strengthen.

Section 10

**Mindful Vinyasa** combines the classical elements of yoga with the latest advances in science to help focus the mind, improve posture and manage stress.

Class will experience a practice incorporating breath work, attention to alignment, innovative use of props, creative sequencing and an emphasis on core body strength and awareness.

While physically challenging, this class is accessible and safe for practitioners of all levels.

You will leave feeling calm, relaxed and energized. If able, please bring two blocks and a strap to class.
Section 24

Yoga Hybrid utilizes various yoga styles to provide challenge while proceeding at the individuals level, paying careful attention to body awareness, breathing, and intention with modifications shown and explored. This class is perfect for someone just starting yoga, or for someone desiring a slower-paced class to fine-tune one’s practice.

Sections 14, 18

These Vinyasa Yoga classes will use the flow of a sun salutation as their core for moving between asanas, or poses. The class will increase your heart rate a bit as it builds strength, balance, mental focus and flexibility.

Section 3

Chair yoga utilizes basic principles of yoga such as connecting breath with movement in a class that takes place entirely seated! It is very relaxing. In addition to providing relaxation, participants build upper body and core strength and learn plenty of shoulder and hip openers to counteract the effects of a desk job.

Section 08, 22

Hatha Vinyasa class:
This is Breath Centered Vinyasa. Using mindfully aligned physical yoga postures we improve our breathing, strengthen, stretch and steady the body, and bring the Mind into focus. Moderately challenging, levels 1-2.

Sections 09, 11, 19

Vinyasa Yoga
This flow based yoga class is a balance of breath work, fast moving vinyasas (posture sequences) slow stretching and ends with savasana (relaxation). In this class, we will focus on postures that will counterbalance the actions found in your daily life, such as computer work, and sitting. This class is tailored to the participants in it and what they need to find balance.

Section 17

Reset: Slow Flow Yoga
Come for a breath of fresh air. This class varies from week to week, but just because it's slow does not mean it's always easy. We start a quick meditation, warm up and work, and then unwind with music and aromatherapy/essential oils. One student called the class Yoga-aahhhhhh because you will always leave with less aches and more energy than when you came in.
Sections 12, 33

Ashtanga yoga.
A gentle form of yoga that will melt tension, introduce various breathing techniques, strengthen the whole body and calm the mind.
Appropriate for all ages and experience levels.

Sections 5, 6, and 15

Mindful Yoga
are an integration of basic hatha, vinyasa and restorative yoga poses along with emphasis on the integration of breath practice deepening our own intuitive wisdom of the body and mind with the awakened union of breath, movement and mindfulness.
Through a series of dynamic sequences students learn to connect mind, body and spirit for a rejuvenating and relaxing experience.
Class welcomes both new and experienced students.