

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 individual's 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-aahhhhh 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.