

## LISTS OF YOGA CLASSES AND DESCRIPTIONS

**Yoga Flow** Our Yoga classes are based on Vinyasa or Flow yoga, also known as breath-synchronized movement. Learn how to control the breath while moving through space and how the breath initiates movement. Build strength and endurance, learn deep relaxation skills that reduce stress, and increase flexibility in these 30-60 minute classes.

**Yoga for Balance** Learn to use your center of gravity as we practice balancing poses in this 45 minute class. Strengthen core, legs, and feet as you challenge yourself to stabilize and build a more confident base. This class is open to all levels. Modifications are offered. Not a class for the prideful. We may stumble and lose our balance, but will always pick ourselves up with joy!

**Yoga Pump** Strength train at the same time you strike a pose and *pump* up your *yoga* practice in this fun 60 minute class. Using weights, balls, and bands you will tone your body while practicing balance. Its yoga with a kick!

**Breathing & Meditation** This class not only improves lung capacity, but posture as well! Learn techniques to help with anxiety disorders, depression, and stress. Meditation goes hand in hand with breathing techniques. Spending even a few minutes in meditation can restore your calm and inner peace. This is a beginner class suitable for individuals that would like a more soothing practice.

**Intermediate/Restorative Yoga** This class is designed for students who are ready to take their yoga practice to the next level. Intermediate students will try more advanced poses with the option to modify. There is a restorative portion to the class to calm the body/mind as a balance to the new work.

**Pilates on the Ball** All the benefits of a Pilates class, but by using a stability ball you quickly achieve greater trunk control and find your center of gravity through balance.

**Breath Work & Yin Yoga** Slow down and discover the complete freedom of surrender. Using different breathing techniques we can sink deeper into poses. Very slow moving in our Yin portion, we hold poses from 3-5 minutes. But don't worry! We're seated or lying on the ground.

**Restorative Yoga** This 60 minute class is a slower flow; easing the body into shapes that restore and rejuvenate after a long week. We will use props to help get into asanas learning to connect with your breath. This class is open to all levels, especially those seeking a slow flow recovery practice. (Class focused on hips and back.)

**Chakra Yoga** Chakras are points of energy that run the length of the spine and correlate to major organs as well as our psychological, emotional, and spiritual states. We hold so much within the body that targeting certain parts of the body through sequencing we are able to release past baggage. Think psychology for the body.

**Healing Yoga** Designed for what ails you. In this hour long class, the instructor will begin by asking what hurts in your body/mind/spirit. Then create a flow around healing. If no injury presents, the class will be geared toward yoga for healthy back and spine.

**Power Flow Yoga** This hour long class is perfect for those who want a more athletic and cardiovascular practice. With a quicker pace and total body immersion, be prepared to sweat. Modifications are always given, however if you are new to yoga we suggest taking several slow flow classes first so you have a better understanding of the postures and can feel more confident.

**Sun Salutations Yoga** Wake up with us and stretch to greet the day as the sun rises! A Sun Salutation is a sequence of poses and Dr. Oz's "favorite way to start the day." It's a way to warm up the body and get your muscles ready to do deeper stretching and more difficult yoga postures. You'll work every part of your body doing Sun Salutation A - your arms, shoulders, neck, spine, hamstrings, calves, and feet.