

CLASS DESCRIPTIONS

A typical yoga class begins with warm-ups (seated or laying down poses/gentle twists) before moving into standing poses, balance poses, and hip or hamstring openers. Class ends with a brief resting period called *savasana*, which is a favorite for most students.

Our teachers offer modifications so that all students can participate fully.

CHAIR: Perform postures and breathing exercises while using a chair (sitting and standing) for support. You can experience the many benefits of yoga without having to get up or down from the floor.

GENTLE/BASIC: A great start for students new to yoga. A slow, mindful practice incorporating breathing techniques to promote overall well-being and relaxation. This class covers the fundamentals of yoga poses and instructors focus on alignment principles and linking movements with breath.

GENTLE/BASIC FLOW: This class moves at a slightly quicker pace and moves up and down from the floor more frequently.

STRENGTHENING: This class will build strength and balance along with toning your entire body with gentle/basic yoga. It may include use of weights and resistance bands for strengthening.

RESTORATIVE: This relaxing style of yoga helps to reduce the physical and emotional effects of stress. The poses will be supported using props (blocks, bolsters and blankets) so that they can be held longer - allowing the body to open, while slowing down the racing mind. This class helps students to become grounded and brings balance to their bodies.

FAITH: A gentle/restorative yoga class with prayer and worship music. This class allows you to connect with your Christian faith in a safe space full of peace, love and grace.

PRIVATE: A private class is a great way to start your yoga practice or a way to deepen one's current practice. A private class (individual or small group) can be customized to meet your goals, needs and schedule.

1 session for \$50, 3 sessions for \$135 or 5 sessions for \$200.