

MONDAY

9:15am Mind Body Hatha
12:00pm Tai Chi
5:30pm Power Vinyasa

TUESDAY

6:00am Power Vinyasa
8:00am Mind Body Hatha
12:00pm Chair Yoga
5:30pm Power Vinyasa

WEDNESDAY

9:15am Mind Body Hatha
12:00pm Tai Chi
5:30pm Power Vinyasa
6:45pm Yin & Yin

THURSDAY

6:00am Power Vinyasa
9:15am Power Vinyasa
10:30am Meditation
12:00pm Chair Yoga
5:30pm Power Vinyasa
6:45pm Yin + Yoga Nidra

FRIDAY

8:00am Power Vinyasa
9:15am Mind Body Hatha
12:00pm Restorative Yin

SATURDAY

9:15am Power Vinyasa
10:45am Mind Body Hatha

SUNDAY

9:15am Yoga 101
11:00am Yin Yoga

POWER VINYASA-Power Vinyasa Yoga threads posture together with movement. The Power Yoga class is a vigorous, fitness-based approach to yoga using intense flowing yoga poses. This class provides a vigorous workout that burns calories, enhances fitness and stamina, increases flexibility, posture, and mental focus.

MIND BODY HATHA-Mind Body Hatha is an all levels class where students are led through a sequence of postures and breathing exercises which are safe for the beginner; yet offer the more experienced student options to modify according to their current skill level. Focal points of the class include an emphasis on breath control, body awareness and safety. This class begins with a warm-up for the joints and closes with a short meditation to restore and strengthen the mind body connection.

YIN YOGA-Yin Yoga involves variations of seated and supine poses typically held for 3 to 5 minutes or more, accessing deeper layers of fascia. The longer holds and relaxed states allow Yin Yoga to offer deep states of meditation while applying moderate stress to the connective tissues of the body.

VIN & YIN-Vin N' Yin is hybrid class which blends the dynamic energy of Vinyasa flow with the stillness and restorative qualities of Yin yoga. During the first half of class, students are led through a creative sequence of postures which are threaded together with movement then guided into more relaxed floor-based postures for the second half. These two styles compliment well to foster a harmonious balance of Yin and Yang in the body, mind and spirit.

YIN + YOGA NIDRA-Yin Yoga involves variations of seated and supine poses typically held for 3 to 5 minutes or more, accessing deeper layers of fascia. The longer holds and relaxed states allow Yin Yoga to offer deep states of meditation while applying moderate stress to the connective tissues of the body. Yoga Nidra is a meditation and conscious relaxation practice that is intended to induce total physical, mental, and emotional relaxation.

RESTORATIVE YIN-Restorative Yin includes gentle stretches and breathing as well as simple movements designed to systematically increase the range of motion of major joints and increase energy. Restorative Yoga is a practice of steadiness and ease. It serves people with movement limitations or stiffness due to lack of activity and provides relief from chronic conditions or recovery from surgery, illness or injury. Blocks, bolsters, and blankets may be used to sustain postures that facilitate relaxation and release.

YOGA 101-Yoga 101 is an introductory class for students who are new to yoga. This class focuses on poses that stretch and strengthen the legs, back, and shoulders. Emphasis is given to the basic alignment of the standing poses, along with breathwork.

CHAIR YOGA-Chair Yoga is helpful for seniors or anyone who prefers yoga while seated in a chair. This practice is a safe option for those who may have difficulty transitioning from floor to standing, those with injuries, as well as people looking for ways to bring stress reduction into the workday. Focus is on safe alignment and proper engagement of muscles, all with the safety and comfort of a chair.

TAI CHI-Tai Chi is a mind-body practice that involves a series of slow, flowing exercises that combine movement, meditation, and rhythmic breathing. Although it was initially developed as a martial art, it's commonly practiced as a form of "moving meditation." According to the principles of traditional Chinese medicine, tai chi's movements can help stimulate the flow of vital energy (also known as "chi") and, in turn, promote healing from a variety of health conditions.