

TYU Class Descriptions

Ashtanga Yoga (Level 1-2)

This form of yoga is quite physical and athletic. Ashtanga yogis practice a prescribed set of asanas, channel energy through the body using bandhas (locks), and concentrate on singular points using drishti (gaze) in asanas. Ashtanga Yoga translates as “eight-limbed yoga” and refers to the eight limbs outlined by Patanjali in the Yoga Sutra, which include moral and ethical guidelines, postures, breath-work, sense withdrawal, concentration, and meditation.

Beginner Flow Yoga (Level 1/Beginner)

This is a beginner level flow class that covers alignment of basic asanas (poses) and creates a gentle approach to the flow method of practicing yoga. You will also work the breath (pranayama) in various exercises to expand the lungs and open the chest and heart center. This class is perfect for anybody new to yoga or wanting to learn proper alignment and form in a supportive environment.

Hatha Yoga (Level 1-2)

Suitable for all levels. Hatha is a potent alignment-oriented practice that emphasizes the forms and actions within yoga postures. Hatha Yoga uses postures (asanas) and stretches in combination with the breath to develop flexibility and relaxation. Hatha Traditional asanas are held in accurate alignment. Emphasis is placed on core strength, flexibility and balance as well as concentration and breath control. This class is based on physical postures, deep breathing, mindfulness and listening to the body.

Kundalini Yoga (All Levels)

"Kundalini" refers to the life energy within each human being. Kundalini consists of postures, special breathing techniques, hand and finger positions, chanting and meditation in specific sequence to clear the energy channels and prepare the body and mind to manifest one's awareness of their life energy.

Mindful Flow Yoga (Level 1-2)

This unique style of yoga class blends relaxing, deep stretches with the fluid motion of a Vinyasa flow style class. This class is good for beginner and intermediate to build strength by holding postures, endurance from the flow and flexibility from stretching. You will be encouraged to connect the mind and body together through your breath in order to find balance, clarity of mind and focus.

Restorative Yoga (Level 1/Gentle)

Relax, release and rejuvenate your mind and body with this yoga class that is great for all yogis (even those new to yoga). This class will simplify the classic poses of yoga while moving and opening tight areas of the body through some gentle flowing sequences. Good form and explanation of alignment in the postures will be demonstrated and many variations will be offered to accommodate a wide variety of body types, activity levels and varying degrees of ability. Come and unwind with this calming, much needed style of yoga in today's busy society and leave feeling refreshed yet cool, calm and collected! Perfect for seniors and women who are pregnant, practitioners who have been inactive, or those who are simply looking for a more relaxed and laid back workout prefer gentle yoga over any other yoga form.

Restorative Yin (Level 1-2)

Most poses performed on the floor, targeting denser tissues that tighten as we age. No strenuous Vinyasa poses or long standing balance sequences. We start from navel area to the knees, gradually adding upper body, at a slow pace, gently moving toward each individual's comfortable edge.

Restore and Meditate (All Levels)

This class is focused on the subtle elements of the yoga class. A fusion class inspired by yin, pranayama, and kundalini styles, this class focuses on opening and healing the body from the inside out. It gives students a chance to explore themselves physically, spiritually and emotionally in a safe supported environment in refuge of the breath creating presence. This class can be challenging due to a minimum 15-minute seated meditation, which can last longer. However, the class is suitable for any level yogi offering benefits in calming the mind and challenging oneself to stay still.

Spin on Yin Yoga (Level 1-2)

This class contains all the traditional target areas of a Yin class and adds the flair of more transition movements to keep the core muscles working and allow for more release and reprieve movements between the Yin holding poses. No inversions or arm balances. Blocks and straps provided for deep tissue release.

Total Body Fitness (All Levels)

This class focuses on strengthening and sculpting the body by using weights, tubing, and mat work. An effective way to increase your overall strength in a functional way.

Vinyasa Flow Yoga (Level 1-2)

This class builds on the base structure of Level 1 yoga and adds more endurance, balance challenges, twisting and inversions. A firm level 1 class knowledge is required before participating in a level 2 class.

Vinyasa Flow Yoga (Level 2)

At the intermediate level the student has achieved a strong practice. Students have a grasp of the majority of yoga poses. Challenging poses will be introduced with less breakdown and explanation and there will be more endurance required with faster transitions between the poses. This class is not recommended for beginning yoga students.