

Class Descriptions

Align & Flow (All Levels)

This flow class focuses on proper alignment as one smoothly transitions from pose to pose. We already live in a fast paced world, so learning to concentrate and slow down is not easy for most of us. But in focusing on alignment and breathing one can be in a space of meditation through movement. All levels welcome.

Yoga Basics (All Levels)

This introductory style class welcomes students to the basics of yoga. Learn proper breathing technique as well as beginner poses which will be the foundation of your practice.

Hatha Yoga (All Levels)

This class focuses on conscious alignment and breath awareness while exploring and fine tuning fundamental poses of yoga including standing and seated poses, basic backbends, and introductory stages of inversions. This is an uplifting practice that increases muscle tone, improves flexibility and deepens your overall understanding of asana. Expect clear instructions, modifications and the use of props. Appropriate for students of all levels.

Power Hour Yoga (Level 2)

Get ready to sweat! Tone, burn fat, and increase flexibility as you flow through this powerful one hour class. This class is recommended for an intermediate yogi. It is similar to a Vinyasa Level 2 class.

Restorative Yoga (All Levels)

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. 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 Flow (All Levels)

This class encompasses all of the benefits of Restorative Yoga along with a focus on opening tight areas of the body through gentle flowing sequences.

Restorative Yin (All Levels)

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.

Rise & Flow (All Levels)

Flow and let go as you warm your body and mind. Start your day off right with this vinyasa style class that brings your body energy and nourishment to take on the day. Modifications are given for different levels. This class is in a warm heated room.

Slow Flow (Level 1-2)

This unique style of yoga blends relaxing, deep stretches with the fluid motion of a Vinyasa flow style class but everything is slowed down. This class is good for beginner and intermediate yogis 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.

Yin Yoga (All Levels)

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.

Yoga For Lunch (All Levels)

Destress in the middle of your working day with breath and movement. Use of therapy balls, props and yoga poses will assist you to live better in your body. To find stability in the body one must become aware of overuse or underuse of the muscles. This class will assist one to find those blind spots. Concentrating on pranayama (breath) and asanas (poses) one finds balance in the body and the mind. All levels welcome.

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.