

Class Descriptions

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| <p>Gentle Yoga A slow-paced stretch; focusing on alignment & bringing gentle movements to the areas that need it the most. Relaxes the mind & re-balances the body. Ideal for BEGINNERS & ALL LEVELS.</p> | <p>Power Yoga A medium to fast paced flow, pairing energetic movements with each breath. Building heat, endurance, strength, flexibility & mental focus. A “work out” for the body, and a break for the mind. Perfect for those who enjoy a bit of a challenge!</p> | <p>Restorative Yin Yoga A slow series of long-held, passive poses. Concentrates on deep connective tissues in order to eliminate pain, restore motion & increase flexibility. A work out for the mind, a deep reset for the body. Suitable for BEGINNERS & ALL LEVELS</p> | <p>Energy Flow Not too fast, not too slow. An assortment of postures paired with the breath; awakening the physical & energetic body, as we refresh the mind. Perfect way to begin or conclude the day! Excellent for ALL LEVELS.</p> |
| <p>^Chair Stretch and Balance^ THIS SPECIALTY CLASS ONLY \$5 A gentle and highly beneficial practice done while sitting or with the assistance of a chair. Improve balance and range of motion, increase strength and offer wellness to the mind while being gentle on the body. Amazing for those healing their body & great for SENIORS!</p> | <p>Sounds for the Soul Enjoy a unique and restful experience with this meditation. Find yourself immersed in the healing sounds of crystal and Tibetan singing bowls, chimes, drums, gongs, tuning forks and rain seeds, while being guided through a visual journey. Each unique meditation is created with intention to bring you to a highly relaxed state in which healing occurs.</p> | <p>Tai Chi Energetic Healing Focus on foundations/ fundamentals of tai chi. Grounding, proper body positioning, deep breathing coupled with gentle movements and understanding of chi and how it flows. Introduced as both standing and moving meditations, helping unite the physical and energetic bodies. (No physical contact)</p> | <p>QiGong Mediation Focus on fundamentals of energy movement through the body, using the physical movements of QiGong to feel and guide the body's chi, personal energy. Combines breathwork with grounding Experience QiGong as a series of moving and standing meditations.</p> |
| <p>*Heated 26+2 Yoga* Series of 26 Hatha Yoga poses and two breathing exercises in a 90-minute class. Series is performed in the same order every class, designed to improve general mobility by building strength and flexibility and improving balance. Suitable for beginners and advanced yogis. The room is heated, please remember to hydrate before class! Bring a towel and water bottle.</p> | <p>Glutes, Abs and More A fun fusion of pilates and barre with focus on the glutes and abdominals. A movement based class aimed at strengthening the body with purposeful activity. Challenge yourself! Strength training items used and provided.</p> | <p>Yin Yang Balance Workshop The Yin-Yang symbol is about balance in all aspects and balance is exactly what you'll take away from this workshop! We'll explore the meanings behind the Yin-Yang symbol and learn how to "draw" the symbol with various parts of our bodies. Examine how drawing the diagrams can increase strength and flexibility in joints and loosen stiff muscles, providing better stability and balance in the entire body. Handouts provided.</p> | <p>Energy Share Workshop Informative workshop on subtle energy systems of the body and how the tools of frequency and light create movement. Learn the basics to create your own energetic and healing practices. Participate in individual, paired and group exercises. Closing with an Energy Circle utilizing the knowledge gained. Specific Tools, instruments and handouts provided.</p> |
| <p>World Tai Chi & QiGong Day World Tai Chi & QiGong Day is held the last Saturday of April at 10am in each local time zone. It's motto of: "One World, One Breath" seeks to unify practitioners across the world in a day of celebrating these healing arts. As celebrations are held in each local time zone, a wave of energy builds, encircling the entire planet Earth. Join Adrian in this FREE celebration on Saturday, 4/29, 10a at Green Valley Park! Shine or rain.</p> | <p>Full Moon Fire Bowl Ceremony The Pink Full Moon of April provides us with the perfect opportunity for a Fire Bowl Ceremony! This particular moon in Libra bestows the influence of letting go of that which tips the scales of balance in our lives. We will express on paper what we feel ready to release then experience a transformative sound bath guided meditation. The evening ends with an outdoor Fire Bowl Ceremony to purify & ground our intentions. Writing tools provided. Bring items of comfort.</p> | <p>Arm Balance and Inversion Workshop Breaking down techniques for arm balances and inversions, for your body, at your pace! Practicing at whatever level you're currently at! No prior experience or practice required! Whether you're looking to refine your practice, or simply increase your body awareness, this workshop has so much to offer! We'll have tips, tricks, tools, props & hands-on adjustments! Supporting you through every step along the way!</p> | |
| <p>Family Fun Event This Donation Based event is for the families! Bring the kids and join the fun! Event includes a Kids Craft to take home, Story read by Mother Mallard, Kids Yoga to get the wiggles out and a Kids mindfulness activity. After all the fun, each child will choose a snack or prize. Join us on the 4th Saturday of each month. For kids of ALL AGES! Please note that all children must be accompanied by an adult. Mother Mallard is a retired teacher with 34 years of childhood and special education. Yoga provided by Megan. Hosted by Heart of Arizona Non-Profit.</p> | <p>HAPPY SPRING!</p> | <p>PAINT IN THE PINES Everyone can paint! This class is for ALL artistic levels. William will guide participants through easy to follow, step by step instructions to create a unique work of art. No painting experience necessary. Creativity has no rules, come in and explore your boundless imagination! Painters are welcome to bring your own snacks and beverages. Check our website or in studio for the painting of the month. All art supplies are provided with the class.</p> | |