

# Class Descriptions

<p><b>Gentle Yoga</b> A slow-paced stretch; focusing on alignment &amp; bringing gentle movements to the areas that need it the most. Relaxes the mind &amp; re-balances the body. Ideal for BEGINNERS &amp; ALL LEVELS.</p>	<p><b>Power Yoga</b> A medium to fast paced flow, pairing energetic movements with each breath. Building heat, endurance, strength, flexibility &amp; 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><b>Yin Yoga</b> A very slow series of long-held, passive poses. Concentrates on the deep connective tissues in order to eliminate pain, restore motion, &amp; increase flexibility. A work out for the mind, a deep reset for the body. Suitable for BEGINNERS &amp; ALL LEVELS</p>	<p><b>Energy Flow</b> Not too fast, not too slow. An assortment of postures paired with the breath; awakening the physical &amp; energetic body, as we refresh the mind. Perfect way to begin or conclude the day! Excellent for ALL LEVELS.</p>
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<p><b>^Chair Stretch and Balance^</b> THIS SPECIALTY CLASS IS ONLY \$5 A gentle and highly beneficial yoga practice done while sitting or with the assistance of a chair! Offering all of the benefits yoga has to offer, in the most accessible way! 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 &amp; great for SENIORS!</p>	<p><b>Sounds for the Soul</b> 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 meditation is created differently, with intention to take you deep within, while in a highly relaxed theta state, allowing you to receive the healing frequencies and connect with your subconscious mind.</p>	<p><b>Tai Chi Energetic Healing</b> Focus on the foundations/fundamentals of tai chi. Grounding and proper body positioning, deep breathing coupled with gentle movements, and an understanding of chi and how it flows through the body. Tai chi will be introduced as both standing and moving meditations, helping unite the physical and energetic bodies. (NO physical contact between participants) <b>QiGong Meditation</b> 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>
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<p><b>*Heated 26+2 Yoga*</b> A series of 26 Hatha poses and two breathing exercises in a 90-minute class. All 26 postures are repeated in the same order every class and are designed to improve general mobility by building strength and flexibility as well as improving balance. This class is suitable for both beginners and more advanced yogis. The room is heated please remember to hydrate prior. Bring yoga mat and towel, and a bottle of water, and optional change of clothes</p>	<p><b>*Self-Massage Workshop*</b> Join Tai Chi Healing Energies. This workshop will explore how self-massages based on Tai Chi and QiGong principles can help loosen stuck chi, to promote better physical and energetic flow throughout the entire body. We will cover general self-massages from the toes to the top of the head, with special attention paid to hands, feet, shoulders, face, and eyes. This workshop will be particularly beneficial to anyone suffering from the effects of arthritis! Min 3 people \$40 class time: 90min needed for event</p>	<p><b>*Chakra Yoga, Meditation and Sound Bath*</b> Movement, meditation, and education with Mel and Kelli! Get to know, understand and balance your energy centers (the 7 Chakras from Root to Crown). We will flow through engaging poses that connect you with each Chakra, while playing crystal singing bowls that resonate with each Chakra's frequency. Finish with extended relaxation, affirmations and sound bath. A full mind, body and soul experience! \$40 class time: 120min</p>
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<p><b>Family Fun Event!</b> 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 is provided by Megan <small>Hosted by Heart of Arizona Non-Profit</small></p>	<p><b>PAINT IN THE PINES!!**</b> 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. \$40 class time: 120 min</p>
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<p>\$45/person \$85/2 people class time: 90m <b>*Valentines Cacao Ceremony*</b> (must Pre-Register as cacao is prepared per person) Join Jessica for a unique, special celebration of unconditional love, compassion, gratitude, connection, forgiveness and healing that the traditional energy of Valentine's provides! Indulge in the warmth of a heart opening cacao ceremony and enjoy a cup of ceremonial cacao. This nutrient rich drink, made from raw cacao bean before it is processed, is packed full of essential minerals, antioxidants, healthy fats, and feel good neurotransmitters which act as a natural antidepressant and bring about the feelings of bliss, love, connection and a relaxing, but mindful awareness. We will participate in the deeply healing practice of Ho'oponopono, which will assist in opening the heart for the highest healing and love! Relaxing into sound bath immersion and guided meditation. Bring loved ones, partners and friends, as we express unconditional love and compassion.</p>
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