

Class Descriptions

<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>Yin Yoga A very slow series of long-held, passive poses. Concentrates on the 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>
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<p>^Chair Stretch and Balance^ 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 & 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 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>Tai Chi Energetic Healing Focus on the foundations and fundamentals of tai chi; grounding and proper body positioning, deep breathing coupled with gentle movements, and an understanding of chi and how it flows throughout 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) QiGong Mediation Focus on the fundamentals of energy movement throughout the body, using the physical movements of Qigong to feel and guide the body's chi, or personal energy. Combines breathwork with grounding, and experience Qigong as a series of moving and standing meditations.</p>
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<p>Heated 26+2 Yoga** 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. Because the room is heated, please remember to hydrate before class and bring with you a yoga mat and towel, and a bottle of water.</p>	<p>New Moon Sound Bath and Tea Ceremony** Join us for a celebration of the first New Moon of 2023! This special ceremony is sure to be a unique experience, as we honor the manifesting magic of this night and invite new beginnings! We start the evening with a beautiful blend of butterfly pea flower hot tea to enjoy while writing down our dreams, desires and that which we would like to create for the coming years. We amplify our intentions with a ceremonial water bowl and blessing. Then move into a relaxing sound bath with a visual guided meditation to further build and ground our intentional creations. This is the night to plant seeds of purpose that will help shape the coming year; for you, your loved ones, and for humanity. \$40 Bring stuff to get comfy!</p>
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<p>Good Things Coming: A Vision Board Workshop** Are you ready for a transformation in 2023? A vision board is a great tool to help you intentionally create and maintain your goals. We will talk about creating positive change vs. resolutions & how to begin moving forward. Materials for creating your vision board will be provided, but feel free to bring any magazines, photos or additional art supplies you would like to use. Discover what you want to see in your life heading into the new year and map out the roadway to get there. \$30</p>	<p>PAINT IN THE PINES!!** Everyone can paint! This class is for all ages and artistic levels. Participants will be guided through easy to follow step by step instructions to create a unique work of art. No painting experience necessary. Come create art with us! Water and tea will be provided. Painters are welcome to bring your own snacks and beverages. Check the 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>Family Fun Event! This Donation Based event is for the families! Bring the kids and join the fun! This event includes a Kids Craft to take home, a Story read by Mother Mallard, Kids Yoga to get the wiggles out and a Kids Yoga Nidra (a short 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. Family Fun Event is hosted by Heart of Arizona Non-Profit.</p>
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