

# 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)</p> <p><b>QiGong Mediation</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 Energy Flow*</b> Our same great Energy Flow class done in our heated room. Please bring a towel and bottle of water. Hydrate prior to class! Pre-Register as space is limited.</p> <p><b>Glutes, Abs and More</b> 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</p>	<p><b>Gratitude Mediation &amp; Sound Healing</b> Join Mel for her last special event of the season, as she makes her way on to new big adventures! Release the habits, patterns &amp; internal chatter that are no longer serving our highest good. Beginning with movement to help soften the physical, introducing breath to help quiet the mind, then creating intention to harness &amp; direct the energy. Sealing it all in with a vibrational sound immersion. Donation Based</p>	<p><b>CommUNITY Energy Share Workshop</b> Informative workshop on the subtle energy systems of the body and how the tools of frequency and light create movement. Learn the basics to create a foundation to begin your own energetic and self healing practices. Participate in individual, paired and group exercises. We will finish the workshop with an Energy Circle, utilizing the knowledge gained to share energy. Specific tools, instruments and handouts will be provided. Please come dressed comfortably and ready to connect with others! Donation Based</p>
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<p><b>*Spring Equinox Celebration*</b> A beautiful celebration honoring the renewed energies of Spring and another powerful New Moon with a sacred tea and sound bath ceremony! This is an important time to nurture those seeds of new beginnings that we planted back in January, as we come together in commUNITY to support one another's dreams! We will immerse ourselves in the very essence of Spring as we open our hearts and minds to the uplifting energies Mother Nature brings forth during this time of rebirth, growth, creation, joy and hope! Comfortable...AND COLORFUL clothing is recommended! Bring items of comfort, such as yoga mat, headrest/pillow, blanket and eye cover. \$40</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><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. Hosted by Heart of Arizona Non-Profit.</p>
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