

# Class Descriptions

<b>Gentle Yoga (Essential Basics)</b> Slow-paced, focusing on alignment & bringing gentle movements to the areas that need it the most. Extra time spent in warm up, cool down. Relaxes the mind & rebalances the body. Ideal for BEGINNERS & ALL LEVELS	<b>All Levels Yoga</b> Sequences are created for practitioners of all levels. Focus on alignment, modifications, the use of props and cues to build poses. With options for more advanced variations sprinkled throughout. Perfect for BEGINNERS AND MORE ADVANCED PRACTITIONERS	<b>Restorative Yin Yoga</b> 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	<b>Energy Flow Yoga</b> Not too fast, not too slow. An assortment of postures paired with the breath; awakening the physical & energetic body, as we refresh the mind. Building sequences slowly with bits of flow. Excellent for ALL LEVELS. (WARMED OPTION)
<b>Tension Relief (New Class)</b> Release tension due to stress, heavy emotions, trauma, overwhelm, physical conditions etc. Uses gentle movements, stretching, body tapping, breathwork, vocal toning, guided visualization and sound bath meditation. Invite tension to flow out with ease and invite healing and revitalizing theta brainwave frequencies with deep rest for Mind, Body and Spirit.	<b>Chair Stretch and Balance</b> 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	<b>Sounds for the Soul Meditation</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 unique meditation is created with intention to bring you to a highly relaxed state in which healing occurs. Great for EVERYONE!	<b>Gentle Stretch (New Class)</b> A full body stretch utilizing movements to release tension held in the body. Increase flexibility and range of motion. Use breath awareness to create mindfulness. Mostly done seated or lying down. Perfect for ALL BODIES and Seniors!
<b>Heated Yoga</b> A series of Hatha Yoga poses and breathing exercises. This ALL LEVELS class is designed to improve general mobility by building strength, flexibility and improve balance. Suitable for beginners and more advanced. The room is heated, please hydrate prior. Bring yoga mat, towel (at studio also) a bottle of water and optional change of clothes. Class size is limited to 6 register to save.	<b>Dance Fitness</b> This class includes basic dance technique, stretching and core building. Increase your cardio, build muscle tone, play with balance techniques. Dance your way into fitness!! No experience necessary!! This class is for students of ALL LEVELS Participants may go barefoot or wear dance shoes.	<b>Gentle Flow Yoga &amp; Yin</b> Begins with slow-paced movements connecting movement with breath to warm up the body. Utilizing held Yin yoga postures to get into the deeper connective tissues. Perfect for ALL LEVELS!	<b>Gratitude Meditation</b> An evening of coming together in commUnity to express gratitude for life and all that it is in its full Nature and Divinity. The opportunity to presently let go of the "things" that block us from feeling grateful for our surrounding abundance and personal growth experiences. With Jessica May 29th 6:00-7:30p
<b>Stand Up Paddleboard SUP Yoga</b> This full body workout is a fun way to get you into nature while building strength and balance. SUP Yoga combines the stress reduction of a regular yoga practice with the calming sensation of being on the water and feeling the gentle ripples beneath you. Join our life guard certified experienced SUP Yoga instructors for a unique experience! NO paddle board or yoga experience needed. <b>Stand Up Paddleboard SUP Adventure</b> Whether it's your first time on a SUP or 100th, this SUP adventure is an amazing way to experience a lake adventure!! Learn the basics of how to paddle board, learn fun facts about the lake and wildlife, enjoy the sun and water with our lifeguard certified instructors.  \$35 bring your board      \$45 with board rental *Must Register 24 hours prior to class* Weather permitting      Minimum 2 participants		<b>CHAKRA MEDITATION SERIES: Every Third Thursday of the month!</b> Each monthly class will focus on one specific chakra, starting with the Root and ascending up to the Crown. Using special tools and exercises of the breath, toning, sound and meditation. We will work to tune into, clear and align the chakra energy centers. You can come to one, several or each chakra based class to enjoy, align and learn about your chakras Join Jessica Throat Chakra April 18th 600-730p \$20	<b>Energy Tune Ups Need a reset? Not feeling yourself?</b> Come get an Energy Tune-up to reset and rejuvenate your mind and body. These sessions will utilize Reiki techniques to help you balance and recharge your energy centers. These are 30 minute individual appointments. Reserve your space online or in-studio. Alternative dates available on request. With Lisa & Michelle May 21st 4:00-6:00p \$20
<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. 4th Friday of Month \$45 <b>Let your inner artist shine at Paint In The Pines!</b>		<b>Family Fun Event</b> This Donation Based event is for the families! Bring the kids and join the fun! Includes take home Kids Craft, Story read by Mother Mallard, Kids Movement and mindfulness activity with Megan/Lisa. All kids get a snack or prize. 4th Saturday of each month. For kids of ALL AGES! 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.	
		<b>NEW CLASS LOCATION!!</b> Classes denoted with *** will be held at <b>LODGE AT 5600 in Pine AZ</b> 4310 AZ- 87 These are outdoor classes. Some mats available. Register to save spot. Walk-ins welcome	