

# OUR STYLES OF YOGA



~**Ashtanga**... This method of yoga involves synchronizing the breath with a progressive series of postures. It helps to detoxify the muscles and organs. This results in improved circulation, a light and strong body, and a calm mind. The Wonderful part of the Primary Series is that you are able to see your progress each week, as it is the same sequence every time. You will notice that you are able to twist deeper, or you are holding balances longer. This practice will enhance the other yoga traditions, like Vinyasa.

~**Barre**... A workout technique inspired by Ballet, Yoga, and Pilates

~**Beginner Yoga**... Begin to build your yoga by going through the basics of alignment, movement, and breath. Vinyasa is moving and flowing with the breath. This class is designed for those who are new to yoga, or would like to get back to the basics. However, ALL levels are welcome. Chills and Challenges will always be offered to make every practice yours.

~**Flow & Yin**... This class will be a combination of Vinyasa and Yin. You are getting the best of both worlds! Moving along with Deep Stretching

~**Gentle** ... This is a gentle class for those who may struggle getting up and down on the mat in a regular Vinyasa class. Chairs are always available and an option in this class.

~**Hatha**... Hatha yoga is a catch all term for any type of yoga that pairs poses ("asanas") with breathing techniques ("pranayama"). Typically slow-paced with a focus on proper alignment, so you are holding asanas for a length of time.

~**Restorative**... involves holding poses for 5 or more minutes with the use of props to get you in a completely relaxed state. Otherwise known as an "Adult Nap".

~**Slow Flow**... Vinyasa, moving with the breath practice, but at a slower pace.

~**Strength & Stretch**... This class is designed to progress towards a specific focus (strength, hip/heart openers, etc) and/or peak postures. Moderately paced, purposeful and strategic flow. **Vinyasa**: "arranging something in a special way". (Yoga Journal) It's smoothly transitioning from one asana, or posture, to the next, using the breath as your guide.

~**Yin**... Stretch and strength. Asanas, or postures are held anywhere between 3 to 5 minutes each.

~**Yogalates**... A combination of Yoga and Pilates