



Jumpstart Your Week -Kick Start your week w/this morning yoga classes to energize you all week long!

All Levels Yoga - true yogic theory, upbeat, fun & sure to leave you with lots of endorphins (happy hormones produced naturally in the brain)

Teen Girl Power Yoga (Silks too) -a variety of ways to stay healthy-mind, body and spirit! In a nurturing, non-judgmental, positive, & safe environment, teens explore and find their innermost truths. .

Restorative Reiki, Massage, & Music-Prepare to be healed on the deepest levels, metabolism reset, the stress hormone (cortisol) reduced bringing relief from many conditions. Expect DEEP healing, restorative poses, live acoustic guitar music & chakra bowls, loving hands that deliver Reiki and Massage. Mantras, mudras and meditation too!

Pilates Mat Class -ideal for beginners to advanced students. The classes incorporate all the key principles of Pilates such as postural alignment, breathing, core stability, controlled movement and flexibility.

Alignment Based Chair Yoga -yogic based class which focuses on breathing, alignment, karma, anatomy, physiology and body mechanics. The chair is used as a prop to make poses accessible as well as deepen the posture.

Vin Yoga Flow -A light hearted yoga practice for those desiring a true yoga practice that allows attention to be given to alignment, the breath and feeling what is present within your mind, body and spirit. Vin, standing and reclining postures, breathing techniques, energy renewal including a laugh or two!

Gentle Evening Yoga-A class that will energize then quiet the mind for a wonderful nights rest!

Movement & Meditation-a powerful, therapeutic experience. guaranteed to leave you beautifully relaxed & ready to slay dragons.

Dance Your Yoga -An all levels dance your yoga class designed to bring peace to the mind body HeartnSoul! Fun light hearted and accessible to everyone!

Yoga with Silks & Yoga Nidra -a gentle yoga with silks. This class is fine for beginners to yoga or silks or ANYONE interested in taking a slower paced more gentle class in the evening. YOGA NIDRA YOGIC SLEEP Sivassana is extra delicious resting in the hammocks and includes a guided meditation! All levels are welcome.

\$7 Yoga Donation Class -ALL levels Classic Yoga! Pay what you can and donations go to our Care to Say Namaste Scholarship fund!

Yoga & Yoga Therapy -Pre-Natal to New Moms & All Moms-90 minute class with yogic wisdom and yoga therapy tools to help make your life path smoother. A discussion period for questions, conversations ranging from spirituality of the divine mother to the unconditional loving bond between mother as well as feelings of confusion, worry and exhaustion!

Kids Yoga with Silks-Breathing skills, movement patterns, self-soothing, stress relieving and mood elevating postures, mudras, mandala coloring and activities. The aerial yoga silks may also be used to build self-awareness and trust. This class is geared to kids ages 5-12!!