

# Class Descriptions

## **AERIAL YOGA SILKS WITH BONNI-LYNNE**

The silks are used to support a classic yoga practice with ease and grace. Yoga poses are done standing or in the hammocks. This therapeutic class that also offers reiki and massage as you enjoy a blissful rest in the hammocks during sivassana!

## **ASHTANGA YOGA WITH DEBRA**

A system of yoga which involves synchronizing the breath with a progressive series of postures—often promoted as a modern-day form of classical Indian Yoga. The style is hot and energetic, producing improved circulation, a light and strong body, and a calm mind. These focus on our attitudes toward our environment, and ourselves, physical postures, breath, concentration and meditation. Combined, the 8 limbs offers a system that builds your physical, mental and spiritual growth.

## **A CHAKRA FLOW WITH JILL**

A relaxing class that aligns the chakras as you let go of your daily stress ! Flow with Jill as you release deep held tensions ~ and leave feeling your very best.

## **DANCE YOUR YOGA WITH ALYSSA**

This class is all about finding joy! We start with 10-15 minutes of instructor-lead dancing & play to build heat in the body, then begin to incorporate basic yoga poses and stretches in, eventually fusing it all together into a beautiful fluid flow. We finish with a long and restorative savasana to let the energy settle and heal the body. Expect to sweat, laugh, release what's not serving you and feel beautiful in your body.

## **FUNCTIONAL MOVEMENT WITH NICOLE**

Each class is a unique sequence of poses developed to guide students through a safe and systematic progression with an emphasis on correct alignment of all parts of the body. Props may be used to deepen a pose, support students in resting poses, and to give students the ability to do poses that might otherwise not be possible. Demonstration of poses as well as individual correction and adjustments may be given if necessary. Students will develop strength, stamina, coordination, flexibility and concentration.

## **HYPNOBLISS YOGA NIDRA MEDITATION CLASS**

There is extensive research on yoga nidra, meditation and hypnotherapy! Each class will have a theme and leave you feeling blissful! Reduce fixation on emotions, improve focus, improve memory, lessen impulsive reactions and even improve relationship satisfaction.

## **KRIPALU YOGA WITH QUINN**

This gentle approach to asana practice that emphasizes meditation and breathwork, and encourages inward focus and spiritual attunement. Basic Principle: Practicing Kripalu Yoga can initiate a gradual process of physical healing, psychological growth, and spiritual awakening

## **PILATES MAT WITH TAMMEY**

This class will leave your feeling stronger and healthier. A mat class will work your entire body, but most of the exercises have you either seated or lying on the floor. ... Aside from a serious focus on ab work, traditional Pilates mat work includes a series of exercises to work the inner and outer thighs, as well as a series to strengthen the back, hamstrings, and glutes.

## **PRE-NATAL YOGA & YOGA THERAPY FIOR GODDESSES**

Gentle asana or poses , easy breathing, followed by a restful shivassana with a reiki and massage moment !

## **RELAXED YOGA WITH CORRY**

This class is for beginning students and for experienced students who are either returning to their yoga practice after a time away from it or who enjoy a relaxed pace. In her classes Corry emphasizes healthy alignment and personal safety while, at the same time, encouraging exploration and fun.

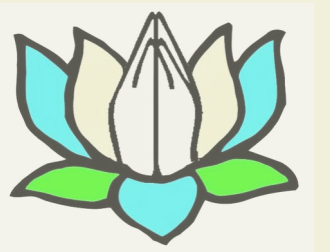
## **RESTORATIVE & REIKI MUSIC & MASSAGE WITH BONNI-LYNNE & JOHNNY**

A full Chill Out Festival. In this unique class, you will be healed on the deepest levels, metabolism will be reset, the stress hormone (cortisol) will be reduced bringing relief from many conditions. Expect DEEP healing, 3-4 restorative poses, live acoustic guitar music, loving hands that deliver Reiki and Massage. Other pieces of a yoga class are mixed in as well: mantras, mudras and meditation! THIS is the prescription for todays world! A class we all need - step away from the world and come inside~ total bliss awaits you!

## **YIN YOGA WITH REIKI WITH TRICIA**

Relax Rejuvenate Renew Release!! Yin Yoga is a slow-paced style of yoga as exercise with asanas (postures) that are held for longer periods of time- 45 seconds to two minutes. Reiki healing is offered during these poses.

# HeartnSoul Yoga Therapy & Wellness



## Fall Schedule begins on 9/22

### DAY /TIME

### CLASS

#### *Monday*

11:00-12:15pm

4:45-5:45pm

6:00-7:15pm

7:30-8:30pm

Relaxed Yoga with Corry

Yoga Therapy for Goddesses (Pre-Natal, Post-Natal, Moms and friends!)

Restorative & Reiki Massage & Live Music

Intro to Aerial Yoga Series

#### *Tuesday*

9:00-10:00am

10:15-11:30am

6:00-7:15pm

7:30-8:45pm

Pilates Mat Class with Tammey

Functional Movement with Nicole

Kripalu Yoga with Quinn

Chakra Evening Flow with Jill

#### *Wednesday*

11:00-12:15pm

4:30-5:30pm

6:00-7:00pm

7:15-8:15pm

Relaxed Yoga with Corry

Tweens/Teens Yoga w Silks

Ashtanga Yoga with Debra

Hypnobliss Yoga Nidra Meditation

#### *Thursday*

9:00-10:00am

10:15-11:30am

6:00-7:00pm

7:15-8:15pm

Pilates Mat Class with Tammey

Functional Movement with Nicole

Dance Your Yoga with Alyssa

Women's Healing Circle with Tricia

#### *Friday*

12:00-1:00pm

6:00-7:15pm

7:30-8:45pm

Lunch Time Yoga Break with Tricia

Yin Yoga & Reiki Healing with Tricia

See Website for Special Events:-

Yoga for Trauma Healing, Sound Healing, Kirtan, Mediumship and more!

Kripalu Yoga with Quinn

#### *Saturday*

10:00-11:15am

#### *Sunday*

11:30-12:30pm

4:00-5:30pm

Kids Yoga with Jess

Kundalini Yoga with Jessica