



Yoga Style Options

Beginner Yoga

Hatha Yoga is the foundation of most asana practices. It incorporates the physical body, breath work, and the mind. This style is flexible in nature offering students a multitude of poses and movement.

- ☯ Functional Movement Improvement
- ☯ Gain fundamental Strength
- ☯ Advance your body coordination
- ☯ Enhance your flexibility
- ☯ Modified poses for each participant

Restorative Yoga

Restorative yoga is named for the purpose that it serves; to restore the body. It is an extremely calming practice created to relax the practitioner from start to finish.




Includes a combination of deep stretching and meditation and may incorporate the use of props (bolster, blocks and straps) to bring the body into natural alignment.

- ☯ Calm the mind
- ☯ Relax the body
- ☯ Learn to practice mindfulness
- ☯ Recover from injury
- ☯ Reduce stress and anxiety








Yogalates

This class type will combine elements of yoga, strength training, Pilates, and functional movement to enhance muscular endurance and cardiovascular health. Expect to sweat, laugh, and challenge both the body and mind. This class is geared to those looking to tone the body and/or lose weight.

-  Improve cardiovascular fitness
-  Strengthen the body
-  Challenge the mind

Yoga for Athletes





This style of yoga has been created for athlete's looking to condition their body and get a deep stretch all in one class. Instructors will focus on areas of weakness and attend to the over-worked muscles of the specific athlete.

-  Learn functional movement
-  Gain strength and endurance
-  Break a sweat
-  Improve cardiovascular health
-  Advance your level of fitness

Meditation

Meditation is designed to still the body and mind to reach a place of focus and clarity. In these sessions you will learn various meditation techniques to practice with and without your instructor.

Meditation can be combined with any other class types.

-  Focus the mind
-  Connect with the body
-  Reduce stress
-  Enhance self-awareness



