

# Blissful Living – Yoga Class Descriptions



**Gentle/Restorative Yoga: (Mon-Thurs 5:15pm)** blends gentle postures and breathwork techniques. This is a great class for beginners; if you have had recent surgery, chronic pain or just need/want to work more slowly. This class will bring your body into balance and reduce stress so you can feel better physically, mentally, and emotionally.

- **26 Class Pass\* (\$350): \$13.46/class**
- **16 Class Pass\*: Beach Gentle/Restorative Yoga (\$240): \$15/Class**  
4 classes/week. Monday-Thursday 6:30pm (16 classes offered)
- **10 Class Pass\* (\$175): \$17.50/class**
- **Single Class (drop in): \$25/class**

\*Attend any of the available classes until you reach the number of classes in your purchased package.

**Benefits of Gentle/Restorative Yoga:** Deeply relaxes the body, stills a busy mind, releases muscular tension, improves mobility and flexibility, improves capacity for healing and balancing, balances the nervous system, boosts the immune system, develops qualities of compassion and understanding for others and self.

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**Vinyasa Yoga (Mon-Thurs 6:30pm)** is a complete mind-body practice, focusing on movement integrating breath, awareness, and alignment. You will build strength, flexibility and balance. Over time, movement in the sequence becomes more fluid, the mind is able to relax and the practice becomes a moving meditation.

- **26 Class Pass\* (\$350): \$13.46/class**
- **16 Class Pass\*: Beach Vinyasa Yoga (\$240): \$15/class**
- **10 Class Pass\* (\$175): \$17.50/class**
- **Single Class (drop in): \$25/class**

\*Attend any of the available classes until you reach the number of classes in your purchased package.

**Benefits of Vinyasa Yoga:** Enhances core stability, improves mobility and range of motion, keeps your heart healthy, calms the mind and reduces stress, boosts mood, grants flexibility, improves sleep, stabilizes and regulates emotions, increases lung capacity, bolsters energy levels, burns calories, improves body image, increase focus and memory, strengthens immune system.

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**Registration and Payment:** Pay in advance at <https://blissfulliving.us> . Select any available date as start date when you sign up online. Please email me at [jmorris@blissfulliving.us](mailto:jmorris@blissfulliving.us) or call 484-832-6571 to make arrangements if you plan to pay by cash or check.

# Blissful Living – Yoga Class Preparation



**Comfortable yoga attire** This may seem obvious, but many people new to this practice don't always know what to wear. But all you really need is something you can easily move your body in, leggings or flowing pants and a supportive top—whatever will allow you to be comfortable, rather than self-conscious. At the same time however, you'll want to practice in clothing that stays put, too, because if you're constantly adjusting your shirt or pants and worried about a wardrobe malfunction, this can take you out of the zone or "flow" of the experience. If your hair is likely to blow in your face, remember to bring a scrunchy or hair tie of sorts. You will be happy you did, especially with a nice beach breeze!

**Water bottle** Staying hydrated during and after your practice is crucial to replenishing your body of lost fluids. Not everyone makes hydration an all-day habit, and it can often be easy to overlook when we get busy. Tip: If you're worried you didn't drink enough water before your yoga practice, you could always bring coconut water for afterward, to revitalize your body with electrolytes.

**Yoga mat and/or a blanket/Blocks** For gentle or restorative yoga, a blanket is fine, blocks are recommended for supported poses. For vinyasa, I like to lay out a blanket on the sand and put my mat on top of the blanket, but this set up is not required, just nice and easier to clean up. Sand likes to stick to the mat and the blankets shake off easy. Perk: if the blanket is at least as long and wider than your mat it gives you extra space for Supine (*laying on your back*) or prone (*laying on your stomach*) poses like twists. Blocks are recommended for modifications.

**Hand Towel** It's nice to have a towel in arms reach in case you start to break a sweat and need to wipe your brow.

**An open mind** Last but not least and perhaps the most essential of all... the open mind is integral to approaching this practice for the first time. Without an open mind, we can be quick to judge the experience we're having, judge other students, and even judge the teacher. Many people come to yoga and beat themselves up before their first Downward Dog. They assume they're going to be bad at it, that they're not flexible or strong enough, that they won't know what the heck they're doing. Remind yourself that all you really need is the willingness to be with yourself in breath and body for 60 minutes. Yoga is not a competitive sport so go easy on yourself. Practicing yoga is about experiencing the sensations of the body by way of the breath. The end result is a clearer and more grounded, present mindset, which is exactly that post-yoga bliss that will keep you coming back for more. We don't practice yoga just to get good at yoga... we practice becoming the best versions of ourselves we can possibly be both on and off the mat. The strength and flexibility that comes along with it—well, then that's a bonus!

This is going to be fun and rewarding!  
Julie (484-832-6571)