



Yoga Class Descriptions

EASY FLOW YOGA: ages 7-11 with parent, 12+ without parent. A gentle workout for body, mind and spirit synchronizing breath with movement through a flowing series of basic asanas and sequences. The flow is designed to develop balance, build strength, increase flexibility, reduce stress and heighten awareness.

GENTLE YOGA: ages 7-11 with parent, 12+ without parent. Experience balance and harmony through a slow and mindful practice designed to release tension, reduce stress, and promote relaxation. Emphasis on self-awareness, breath, and honoring the body. A perfect break in the middle of your day.

HATHA YOGA: ages 13-15 w/parent, 16+ without. A traditional yoga practice where more static poses are used to help you build strength, increase overall flexibility and gain wellness and relaxation in your daily life. Poses are held longer than in flow classes in order to help open your body and deepen your poses. All levels welcome.

MAT PILATES: ages 7-11 w/parent, 12+ without. Carefully engineered progressions of classic and modern Pilates exercises will improve your well-being, boost sport performance, and bring a sense of balance into your life. All levels welcome. No prior experience necessary.

MELT METHOD: ages 7-11 w/parent, 12+ without. Using easy and gentle specialized techniques, a soft body roller, and small soft balls, MELT rehydrates the connective tissue which keeps our bodies stable and upright, rebalances the nervous system, and restores space to compressed joints.

POWER YOGA: ages 16+. A faster and more challenging yoga class where you build strength while connecting your breath to the movements of your body. Classes incorporate attention to alignment, building strength and moving with the breath. Be prepared to get sweaty. It's recommended that you bring a towel and a water bottle.

TAI CHI: ages 16+. This mind-body exercise class reduces stress and anxiety while increasing flexibility and balance. You will move through poses slowly and deliberately while focusing on deep breathing. All fitness levels welcome.

VINYASA YOGA: ages 16+. Also known as flow yoga, this class moves between different complimentary poses using the breath to achieve a continuous flow. This class will improve flexibility and relaxation. Good for all fitness levels.

YOGA FOR CORE STRENGTH AND FLEXIBILITY: ages 7-11 w/parent, 12+ without. Transition from the weekend into the week with some deep breath work (pranayama) accompanied with mixed level asanas (poses). Poses are modified to meet the levels of each individual student. This class will deepen your level of practice with emphasis on being in the present/in the moment; it will be a peaceful but intense journey into gradually opening up the joints, along with the mind.

YOGA FOR EVERYBODY: ages 7-11 w/parent, 12+ without. An accessible, comprehensive, balanced, body-positive yoga class. This class allows slow movement into and through each pose guided by your breath and awareness allowing for adjustments and inner reflection. In this gentle flowing fun and playful class, you will tone and strengthen the body as well as the mind. Yoga props are used. All are welcome in this non-judgmental and inclusive yoga class regardless of fitness ability, size, gender or flexibility.