

Yoga began in India 5,000 years ago. In Sanskrit, yoga means “to forge a union between mind and body.” Ancient hatha yogis recognized that the state of the body affects the mind and the state of the mind affects the body. Hatha yoga emphasizes the physical aspect of yoga. The postures or asanas practiced in hatha yoga relax, detoxify, and strengthen the body in preparation for meditation.

ARM BALANCES + INVERSIONS

A workshop format class structured to focus on building arm balances + inversions utilizing a variety of movement modalities from yoga and calisthenics.

ASHTANGA YOGA

A system of yoga transmitted to the modern world by Sri K. Pattabhi Jois. It links the breath with a set series of progressive postures or asanas. It is commonly known as the “original power yoga.”

CHILLAX RESTORATIVE YOGA

Restorative Yoga brings about healing and balance to the body’s systems as we tune into the subtle energies within us. With an emphasis on relaxation, these postures are held for an extended time and supported by props for a deeper and more relaxing experience.

CORE YOGA FLOW

A challenging yoga flow similar to power yoga that includes a segment dedicated to the core.

DE-STRESS: YOGA & MINDFUL MEDITATION

Unwind, stretch, breathe, and center yourself in this stress relieving class and learn a variety of mindful meditations (yoga, breathing, body scans, walking).

GENTLE YOGA

This class moves slowly and features the most accessible, gentle poses, for an overall healing experience.

MIXTAPE YOGA

A dynamic flow of mindful movements curated with a soundtrack of today’s hip-hop + r&b and throwbacks that will transform, stretch, and restore your body from the inside-out.

NAPTIME YOGA

The struggle is real. Getting enough sleep is challenging. Join us for a guided relaxation and some zzzzz’s. Mats and props provided for a restful snooze!

YOGA FLOW

A hatha yoga class that includes segments of flow and segments of longer holds in chosen poses for greater mobility, flexibility, and strength. *Yoga Flow & Meditation* saves time to conclude with a final meditation.

YOGA SCULPT

Power yoga flow, plus moderate weight lifting, and cardio conditioning. Let’s sweat!

YOGA TUNE UP ®

This class blends corrective exercise, self-massage, and breath strategies to improve the three P’s – pain, posture, and performance. By helping to identify “body blind spots”, areas that are most overused, underused or misused, Yoga Tune Up ® helps to heal damaged muscle, to increase strength, and to establish healthy movement patterns.

CLASS LEVELS

- 1** - A slow paced class suitable for those new to yoga or those looking to move at a slower pace.
- 1/2** - A more challenging paced class suitable for beginners and continuing students.
- 2/3** - An intermediate/advanced paced class. Physically challenging. Not suitable for beginners.
- L** - Beginning to intermediate level movements and postures.
- M** - More challenging movements and postures.