

# *Yoga Studio Classes*

Time	Monday	Tuesday	Wednesday	Thursday	Friday
9:00 a.m.					Yin Yoga (Lisa N.B)
10:00 a.m.		Balance and Flow Yoga (Shelly S.)		Chair Yoga (Shelly S.)	Sit to Be Fit (Lisa N.B.)
11:00 a.m.	Yin Yoga (Lisa)	Essential Yoga (Lisa)		Yin Yang Yoga Restore (Shelly S.)	Gentle Flow Yoga (Shelly J.)
5:30 p.m.	Flow Yoga (Shelly J.) (5:00)	Slow Flow (Lisa) (5:00)	NEW! Functional Movement Prenatal (Kylie)(4:30)	NEW! Recover, Retrain, and Restore Postnatal (Kylie)	
6:30 p.m.			Hatha Yoga (Ashley)	Gentle Yoga (Shelly S.) (6:00)	

## **Hatha**

Hatha yoga places a special emphasis on controlled breathing and posture. Building core strength is key to good posture. Hatha yoga is a slower pace practice, and you'll hold poses for longer than you would in a flow-style yoga class. This is great practice for beginners and for people who want a more gentle activity that can help reduce stress and create mind-body awareness.

## **Yin Yang Restore**

This Practice cultivates the use of muscular movement (Yang) with the connection to the Connective tissue/fascia (Yin) to help facilitate and boost necessary movement within the body, all the while cultivating stillness and becoming grounded through the use of Restorative poses.

All props are offered from use of the Wall to Chairs to accommodate all levels.

## **Beginner Functional Movement**

### **Prenatal**

Focuses on breath work, weightbearing and non-weight-bearing exercise. Stretch work and functional movements will be performed to prepare people with children for lifting car seats and other essential exercises.

### **Beginner Recover, Retrain, and Restore Program Postnatal**

Focuses on core breath, pelvic floor exercise and stretch and release work. Functional movements will be incorporated for lifting car seats, strollers and more.

## **Flow Yoga**

This fun, flowing class is for anyone looking for a more active yoga class. The class will offer a wide variety of poses which are linked in sequences through fluid movement to generate heat in the body. Conscious movement and contemporary music combine to create an energizing experience.

## **Gentle Yoga**

Gentle yoga is open to all levels of practice and abilities! This soothing, gentle class focuses on an exploration of basic yoga poses and how to connect them through attention to breathing, alignment, and mindfulness. You will learn techniques to help you gain flexibility while immersing yourself in a relaxing class that moves at a slower pace, allowing ample time to enjoy each pose.

## **Chair Yoga**

A gentle form of yoga that is practiced sitting in a chair or standing using a chair for support. Although anyone can participate in chair yoga, it is particularly beneficial for those with disabilities, weight challenges, inflexibility, and who cannot get up and off the floor. The joints and muscles are worked to enhance flexibility, strength, balance, and circulation during a Chair yoga class.

## **Slow Flow**

Realign and restore after a busy day. Slow Flow Yoga combines slow flowing movement, deep stretching and breath work to work out the kinks, leaving you calm and refreshed. Appropriate for all levels and body types.

## **Balance & Flow Yoga**

Experience the dance of the breath through movement along with a connection to one's body through balance. Open to all levels-all poses can be modified and intensified.

## **Yin Yoga**

Can't touch your toes? Is your low back chronically tight? Do your shoulders and upper back feel like they will never release? This unique class is specifically designed to safely increase flexibility, and no previous yoga experience is needed.

## **Gentle Flow Yoga**

This class is for anyone looking for a gentle flowing class to help loosening tight spots and increase your strength and flexibility through connected yoga sequences. This is a great class for any age and ability Essential Yoga Find more ease in your body and soul. This class will increase functional flexibility, improve joint stability and enhance balance. It incorporates gentle movement, balancing poses, deep stretches and breath work. You will leave feeling grounded and better aligned. Good for all levels and body types.