

YOGA BASICS ALL LEVELS

Focus on core, strength and balance. Establish safety through alignment and guidance from an instructor as you move between poses. We will explain how your breath can enhance, deepen and advance your Yoga practice. Basic descriptions of common yoga terms and breathing practices will be given during class. Whether you are just getting started, confused in your home practice, or getting back on your yoga path, this class will help you gain confidence and strength to enjoy your life!

SLOW FLOW ALL LEVELS

This class focuses on proper alignment in the asanas (poses). Every class will include sun salutations followed by asanas held for 1 or more complete breaths, giving time to focus on the details of alignment and build internal heat through muscle activation. The mental focus used to achieve and stay in alignment combined with flowing transitions between poses makes this class a moving meditation revitalizing the mind and body.

VINYOGA ALL LEVELS

If you can walk, you can do yoga! This is a great class for beginners. We do both strong and gentle postures, depending on the needs and energy of the class. We explore the relationship of the core (which starts in your feet and ends at the base of your skull), and the effect it has on our posture. Every class is different. Come and play!

MOVEMENT + MEDITATION WEAR LAYERS.

This class will be a combination of walking meditation, gentle yoga and seated meditation. Class size is limited to 8 participants.

RESTORATIVE ALL SEATED + SUPPORTED

Enjoy a blissful blend of seated and restorative postures. We use bolsters & blankets to aid in alignment and provide more comfort in the stillness of this practice. It is very beneficial for expecting mothers, anyone healing or looking to reduce stress. Restorative yoga teaches us how to relax and get more restful sleep, which is key for more energy to do more of what we love! Wear layers for comfort and be prepared to be in poses for at least 3 minutes. Relax and let go!

YINTUITION ENHANCES LIFESTYLE + PERFORMANCE

Our blissful blend of Yin / Restorative / Gentle Flow includes gentle pranayama and meditation combined with seated and supported poses for deep connective tissue release and relaxation. Make space in your body, mind and heart. Healing + Prenatal students welcome!

VINYASA FASTER PACE + HEAT BUILDING

Let your mind go, in this high energy, heat-building practice as you focus on consistent, fluid movement. This style is a faster pace with a lot of focus on Sun Salutations, standing, and balance postures. Advanced Poses will be offered in this class as well as restorative options and gentle variations.

ALOHA FLOW HIP-OPENING + BALANCE

Enjoy a cruise Friday morning session FULL of Aloha! Relax, Restore and Strengthen as you let go with a mellow flow! GREAT FOR SENIORS, PREGNANT MAMAS, AND THOSE LOOKING TO MODIFY THEIR PRACTICE WHILE HEALING.