



MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
6:00 -7:00 am PIYO (Maryellen)	6:00 -7:00 am Kripalu Hatha Flow (Katie)	6:00 -7:00 am PIYO (Maryellen)	6:00 -7:00 am Morning Integration (Natalie)	6:00 -7:00 am Free Your Back Friday (Natalie)	8:00 – 9:00 am HIIT Yoga Fusion (Alyssa)	8:30 – 9:30 am Hot Power Flow (Jason – 12/16)
12:00 – 1:00 pm Kripalu Hatha Flow (Katie)	12:00 – 1:00 pm Hatha Flow (Sierra)	12:00 – 1:00 pm Kripalu Hatha Flow (Katie)	12:00 – 12:45 pm Gentle Yoga (Laurel)	12 – 12:45 pm Sun Salutation Flow (Maryellen)	9:15 – 10:15 am Mobility and Flexibility Flow (Alyssa)	
4:00 – 5:00 pm Soul Yoga Flow (Hannah)	5:15 – 6:15 pm Vinyasa Flow (Maryellen)	4:30 – 5:30 pm All Levels Vinyasa (Laurel)	4:30 – 5:30 pm Hatha Flow (Sierra)	5:30 – 6:30 pm Happy Hour Core Flow (Laurel)	10:30 – 11:30 am Men’s Basic Yoga (Terra)	
5:45 – 6:45 pm HIIT Yoga Fusion (Alyssa)	6:30 – 7:30 pm Bikram Fusion (Karen)	6:15 – 7:15 pm All Levels Power Vinyasa (Victoria)	5:45 – 7:00 pm Element and Energy (Jim)		12:00 – 1:00 pm All Levels Vinyasa (Victoria)	
7:00 – 8:00 pm Hot Detox Yoga (Jared)	7:45 – 8:45 pm Flow Your Own Way (Louise) *	7:30 – 8:45 pm Candlelight Yin (Terra)	7:15 – 8:30 pm Hot Power Flow (Jared)		4:00 – 5:15 pm Hot Power Flow (Jared)	4:30-5:30 pm Gentle Hatha Foundations (Terra)

\* Yoga for 12 Step Recovery (Y12SR) meets 1x/month from 7:45-9pm: 12/4, 1/8, 2/12, 3/12, 4/2 and 5/7.

### **Class Descriptions**

#### All Levels Power Vinyasa

This is a strong class that is designed to move your body and your soul. It is suitable for all practitioners, and each student is empowered to modify for their skill level. Mindful of the importance of transitions, we will move from pose to pose with a focus on connecting the breath to the movement. Be prepared to build heat, get a little sweaty, connect to your breath, and leave feeling energized.

### Bikram Fusion

This class is an integration of Bikram and Vinyasa yoga. Bikram Fusion incorporates the 26 postures of Bikram yoga into a Vinyasa Flow. The room heated to 105\* with 40 % humidity. Hydration is the key to a successful practice so please hydrate prior to class.

### Candlelight Yin

Yin Yoga is healing and meditative. Practice surrender and receptivity. Slow it down for a nourishing and spacious practice. The postures are primarily seated or lying down, sometimes with support. Poses are held for at least 3 minutes to allow the muscles to relax and to work connective tissues in the body as well as balance the nervous system. By strengthening and lengthening connective tissues we are creating greater range of motion in the joints, increase overall flexibility and build stronger bones and a healthy spine. This practice teaches us to be present, patient, calm and introspective allowing us to find balance in our active, busy and at times stressful lifestyle. Open to all levels, and a great compliment to a more active practice. Beginners welcome.

### Elements and Energy

This class explores the unique connection between the elements of nature (earth, wind, air, fire, water) and energies (Chakra's) of the body. When in balance with each other we feel great EASE as opposed to DIS-EASE when out of alignment. Each class fuses both elements and energy through posture (asana) and breath (pranayama). Class will incorporate both vinyasa (movement) and "yin" like deep holds, with an emphasis on proper anatomic structuring. There is no script or specific sequence allowing for instructor improvisation to create space for depth and breadth of exploration. A great class for students of all yoga practice and study. (This class is warm, 85 degrees)

### Flow Your Own Way

This warm candlelit all-levels vinyasa flow is the perfect way to wind down after a long day. You can Flow Your Own Way with plenty of options to turn the level up or down to meet your needs. Melt into gooey stretches and an extended savasana to relax into the evening.

### Free your Back Friday

As modern humans, we spend a lot of our week hunching over computers, steering wheels, housework-- you name it. This Friday morning all-level vinyasa flow is a reset for your back after a work week of hunching. The goal will be to create space and stabilize your spine through a focus on posture, core work, twists and heart openers.

### Gentle Hatha Foundations

This is a gentle, beginners asana (posture) and pranayama (breathing) practice. Traditional Hatha postures, sequencing and breathing techniques are taught. We move through the asana slowly with awareness of breath, engagement and alignment. Postures are broken down in a fun and accessible way, giving you the confidence to take different styles of classes. Great for those who are completely new to yoga or those who have an existing practice but prefer a relaxed passed with detailed cueing.

### Gentle Yoga

This slow and gentle moving class is perfect for beginners or anyone looking to decompress during lunch break! A huge focus will be on alignment and safety along with the basics of yoga philosophy and breath work.

### Happy Hour Core Flow

Sweat out the stress from your week and set a positive tone for your weekend with upbeat music and movement! We'll combine core based strength exercises along with vinyasa style sequences to help you find your power center.

### Hatha Flow

Let go of the day and nourish mind, body, and spirit in this hatha class. Hatha Flow is a combination of asanas (physical practice), pranayama (breathing), meditation and other subtle practices with a focus on alignment of the physical and energetic body. All levels welcome. THIS IS A GENTLE CLASS

### HIIT Yoga Fusion

This class is designed to pump your heart rate up while toning, strengthening and lengthening your entire body. We'll begin this high-energy class by warming up and mobilizing the body and its joints to prepare for the High Intensity Intervals and tabata movements. We'll use traditional yoga poses and movements in order to torch calories while engaging awareness of both the mind and body. Get ready to give it all you got! But don't worry, you'll get to rest up for a quick 15 seconds before the next movement This is an all levels class with modifications for all. (Monday night class is warm -85 degrees)

### Hot Detox Yoga (All levels; 90-95 degrees)

This hot yoga practice will lead you through a vinyasa practice that is accessible to all levels of experience. The goal of this practice is to ring out the toxins we all consume, inhale, and absorb in our day to day lives. This practice will include a lot of twisting poses that aim to remove toxins from the body as well as poses geared towards stimulating your thyroid gland and poses to help aid in digestion.

### Hot Power Flow (Intermediate/Advanced; 95-100 degrees)

This yoga flow is inspired by the Baptiste methodology of combining meditation, asana, and inquiry into a fun and challenging yoga class. This class will introduce some advanced poses with the opportunity for modifications to meet each student where they are in their personal practice and encourage a safe exploration of what yoga has to offer. Hot Power Vinyasa is an athletic practice that links breath with movement with a focus on proper body alignment in each pose. Each class will vary based off the energy of the class and the experience of the teacher with opportunities to workshop poses, build strength, and advance your practice.

### Kripalu Hatha Flow

Kripalu Yoga is a classic style of Hatha yoga; the direct translation is the yoga of compassion. This one hour practice will stretch you to your edge whether that is with the use of props, longer holds of classic yoga poses or the incorporation of breath work. We will jump in to breathing techniques, warm-ups, asana practice, cool down and ample relaxation. You will leave feeling energized, relaxed and connected. Poetry, quotes and music may be incorporated. Come as you are. THIS IS A GENTLE CLASS

### Mobility and Flexibility Flow

Did you know poor joint mobility can cause pain, discomfort and muscle stiffness, restrict movement, increase susceptibility to injury and lead to fatigue, compromised joint health and poor posture? If you want to hone your yoga skills, increase your joint mobility and improve your range of motion, focus and concentration, you can wake up and stretch out both the body and mind during Mobility and Flexibility Flow! We'll begin with guided meditation before we focus on training joints, stability, range of motion and explore flexibility through fun, creative flows and broken-down movements to help aid your everyday practice.

### Morning Integration

This all-level vinyasa flow is designed to evenly wake up your whole body. Throughout the class, you will invite movement into your joints and spine to free your fascia and create space for the day ahead. There will be a focus on lengthening and strengthening your core to start your day standing tall and feeling strong and integrated.

### PiYo

PiYo is a hybrid, athletic workout, which combines the mind/body practices of yoga and Pilates, as well as the principles of stretch, strength training, conditioning and dynamic movement. During a PiYo class, you will find yourself standing in a yoga pose one minute, and down on the floor in a Pilates pose the next! This class will really get your heart rate going as it features various styles of yoga and Pilates in continuous movement and flow from one exercise to another.

### Soul Yoga Flow

This all-levels vinyasa will help you explore the connection between body, mind, and soul. Thoughtful sequencing and a mindful approach to alignment will help you find stability and grounding physically and mentally. You can expect meditative warm-ups and heat-building sequences that offer progressive challenges, offering you the space to tap into your deep reserve of inner strength. Come charge up your "soular" energy.

### Sun Salutation Flow

Build heat and raise your heart rate as you flow through all three sun salutation at your pace. Breaking down each sun salutation to your practice level while you lengthen, strengthen, flex and extend the main muscle of the body. Designed for students looking for an accessible challenge that will deepen your practice, this will guide you through sun-salutations, lunges and standing poses. It will help synchronize your breath with movement, open and strengthen your legs, and cultivate greater vitality in your entire body.

### Vinyasa Flow

Vinyasa ( translates to "flowing with breath") is a dynamic style of Hatha yoga which joins physical postures, or asanas, with inhales and exhales, creating a steady internal rhythm for the practice. Our Flow classes are designed to cultivate heat in the body with creative sequences involving sun salutations, standing and seated postures, back bending, arm balancing, and a strong focus on the power of breath awareness. Flow yoga classes tend to be more vigorous and aerobic. All levels welcomed. Tuesday nights class is warm (85 degrees)

### Men's Basic Yoga

This class is designed for our male students in mind, and will provide beginner level instruction in order to build strength, improve flexibility and reduce stress. Men often struggle with tightness, particularly in the hips, hamstrings and shoulders, that can lead to injury. This practice will target those areas so you can move with greater strength and ease.