



MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
	11:30-11:50am Meditation (Jenn)	6:00 -7:00 am Get Up and Flow (Maryellen)	6:00 -7:00 am Warm Vinyasa (Natalie)	6:00 -7:00 am Warm Slow Flow (Natalie)	8:00 – 9:00 am HIIT Yoga Fusion (Alyssa)	8:30 – 9:30 am Hot Power Flow (Jason)
	12:00 – 1:00 pm Hatha Flow (Sierra)	12:00 – 1:00 pm 26 & 2 Hot Yoga Express (Stacy)	12:00 – 1:00 pm Gentle Flow with Yoga Nidra (Laurel)	12:00-1:00pm Warm Gentle Vinyasa (Maryellen)	9:15 – 10:15 am Mobility and Flexibility Flow (Alyssa)	10:00-11:00 am Hot All Levels Vinyasa (Jason)
4:30-5:30pm Hot Detox Yoga (Jared)	5:15 – 6:15 pm Warm Vinyasa (Maryellen)	4:30-5:30pm Gentle Yoga (Maryellen)	4:30-5:30pm Hot Power Flow (Jared)	5:30 – 6:30 pm Happy Hour Core Flow (Hannah)	10:30 – 11:30 am Men’s Basic Yoga (Jason)	12:00-1:30pm 26 & 2 Hot Yoga Series (Stacy/Pria)
5:45 – 6:45 pm HIIT Yoga Fusion (Alyssa)	6:30 – 7:30 pm 26 & 2 Hot Yoga Fusion (Karen)	6:15 – 7:15 pm All Levels Power Vinyasa (Victoria)	6:00 – 7:00 pm Yoga Happy Hour (Jammella)		12:00 – 1:00 pm All Levels Vinyasa (Victoria)	
7:00 – 8:00 pm Friendly Flow Community Class (Hannah)	7:45 – 8:45 pm Flow Your Own Way (Louise) *	7:30 – 8:45pm Yin with a Bhakti Spin (Terra)	7:15 – 8:30 pm Restore & Release (Jeffrey)			4:30-5:30 pm Bhakti Basics (Terra)

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.

Bhakti Basics

Beginner/Level 1 class designed to introduce you to Bhakti Yoga, the yoga of love and devotion. Poses are broken down with modifications and props are used in a unique way to make practice more accessible. Focus is on alignment and breath. Good for the novice as well as the devoted student, allowing you to slow down and remain curious about asana practice. The only thing required is an open, loving heart. (75 minutes)

26 & 2 Hot Yoga Series(90 minutes)

This 90 minute Hot Yoga series features 2 sets each of 26 postures and 2 breathing exercises. This practice uses the traditional dialogue taught from the front of the studio. This series is designed for all ages and fitness levels and works the entire body. The room is heated to 105* with 40% humidity. All levels welcome! Please come to class hydrated - hydration is the key to a successful practice.

26 & 2 Hot Yoga Express (60 minutes)

This 60 minute series features 1 set each of 26 postures and 2 breathing exercises. This practice uses the traditional dialogue taught from the front of the studio. This series is designed for all ages and fitness levels and works the entire body. The room is heated to 105* with 40% humidity. All levels welcome! Please come to class hydrated - hydration is the key to a successful practice.

26 & 2 Hot Yoga Fusion

This class is an integration of 26 & 2 Hot Yoga and Vinyasa. 26 & 2 Fusion. The room heated to 95 degrees with 40 % humidity. Hydration is the key to a successful practice so please hydrate prior to class.

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.

Friendly Flow Community Class (Donation class)

ALL are welcome in this all-levels vinyasa class is designed to help you peacefully center yourself, set good intentions for the week, and feel good about your amazing self. Thoughtful warm-ups, steady pacing, sweet tunes, and just enough challenges to help you develop strength, flexibility, and focus. Transform yourself and enjoy this friendly, collaborative space.

Gentle Flow with Yoga Nidra

This slow and gentle moving class is perfect for beginners or anyone looking to unwind and recharge midday! The class will focus will be on alignment and safety along with the basics of yoga philosophy and breath work; and we will end with a condensed Yoga Nidra to re-center and recharge your day. Yoga nidra, or yogic sleep as it is commonly known, is an immensely powerful meditation technique,. While resting comfortably in savasana (corpse pose), this systematic meditation takes you through the pancha maya kosha (five layers of self), leaving you with a sense of wholeness

Gentle Yoga

This slow and gentle class is designed to help build strength and endurance, increase flexibility, and improve posture and balance. Special attention is paid to bone health and preventing/reversing bone loss related to osteoporosis. It is designed for older adults who may benefit from a slower pace and a recognition of age-related functional changes. We encourage students to use props (including chairs if needed), modify poses, transition carefully, and find their appropriate balance between ease and effort. Special attention is paid to building core strength and balance to prevent falls. Breath work, relaxation and meditation practices are included to encourage stress reduction.

Get Up and Flow

An invigorating series of yoga postures tailored to your morning body. This vinyasa flow is uniquely designed to transition you from a waking state into your day by warming & opening every muscle & joint in your body. Leave feeling centered, focused & energized!

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 All Levels Vinyasa (Beginner; 90-95 degrees)

Always wanted to try hot yoga but thought it wasn't for you ? Consider this your introduction. Vinyasa yoga teaches students to flow smoothly with their breath, and this class serves as a welcoming gateway to a practice that can be both challenging and contemplative. Each routine centers around a core set of common poses, giving students a strong foundation for other classes. Focusing on clear alignment cues and anatomical awareness, this class helps newer students develop their own sense of how poses feel in the body, while more advanced practitioners can focus on honing precise alignment. Modifications are encouraged to customize the experience as needed. Come prepared to learn, sweat, and laugh in this light-hearted introduction to hot vinyasa yoga.

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.

Meditation

In this 20 minute meditation, the instructor uses mindfulness and other awareness and relaxation techniques to guide the mind of the group into a single-pointed center within. As a group we will focus upon a sound, object, visualization, breath, or movement in order to increase awareness of the present moment, reduce stress, promote relaxation, and enhance personal and spiritual growth.

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.

Restore and Relax

Open to all levels, this is a gentle, healing class designed to release deep layers of tension stored in the physical and energetic body. A combination of props, essential oils, and hands on adjustments are used in poses held for minutes at a time. Restorative helps you deeply relax and ends with Yoga Nidra, a guided meditation practiced in savasana, helping you release past experiences into stillness.

Vinyasa Flow/Warm Vinyasa (Tuesday)

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.

Warm Gentle Vinyasa

This gentle vinyasa flow is perfect for beginners or anyone looking to unwind and recharge midday! The class will focus on connecting breath and movement, with special attention to proper alignment. The use of a warm room and gentle flowing motions and transitions, help the body become more open; facilitating ease and accessibility into different postures. The warmth will foster a broader range of motion in the body helping newer students, students returning from injury, post natal or advance students into their body in a more gentle manner. Warmth, when applied in a conscious responsible way, enables the body to open and improve circulation of blood and oxygen, reduces stress on all of the systems and allows your joints to bend and move through greater range of motion with less agitation.

Warm Slow Flow

This is a 60 minute, 80 degree slow flow class designed to gently warm and wake up your body after a long week of work. The objective of this class will be to gently fix the imbalances we accumulate as modern humans sitting at desks or doing work that is hard on our bodies. This style of sequencing builds upon itself, and in this class we will coax our bodies to relax and integrate back towards alignment of mind and body.

Warm Vinyasa Flow

Vinyasa is a style of yoga that seamlessly strings postures (asanas) and your breath together while you move. Available to all levels, this 60 minute, 80 degree class will challenge your mind-body connection and be the perfect jump-start for your morning. Each class will integrate alignment, balance, fun transitions, and introspection. This style of sequencing builds upon itself moving through the fundamentals and working towards more advanced poses. This way, if you're a newer student (or a seasoned practitioner that wants to take it easy) you know exactly the poses you can modify to.

Yin with a Bhakti Spin

Our traditional Candlelight Yin class with a love-infused devotional focus. The class opens with mantra and a heart opening meditation. Basic yin postures will be explored including heart and hip openers and we'll finish with an extended savasana. The practice will close with mantra and coming back into the heart to remember our intentions. (75 minutes)

Yoga Happy Hour

Yoga Happy Hour is an open level vinyasa class designed to help you let go of your day and act as a detox for both the mind and the body. This class will focus on breathing and alignment while incorporating dynamic movements into the practice with a bit of challenge. If you're looking for a well rounded class and a space to soften your "hard edges" this is the class for you!