



MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
8am Therapeutic Vinyasa Flow w. Mandee (studio)	7am Warm Flow w. Jennifer (studio)	7am Sunrise Yoga w. Erin (Virtual)	7:30am Barre Flow w. Jeff (studio)	7am Morning Power Flow w. Erin (virtual)	8am Barre Flow w. Jeff (studio)	
5:30pm All Level Yoga Flow w. Alyssa (studio)	12pm FREE Community Yoga w. Laurel (Park)	5pm Vinyasa w. Victoria (Park)	12pm FREE Community Yoga w. Laurel (Park)	6pm Ashtanga w. Arjita (Studio)	11am Yoga in the Park w. Alyssa	5pm Sunday Yoga Recharge w. Liz (studio)
	6pm Ashtanga w. Arjita (studio)	7pm Roots w. Steve (studio)	4pm Bhakti Yoga Flow & Restore w. ShantiMa (studio)			6:15pm Community Mediation w. Liz (studio)
	6:30pm Yoga for 12 Step Recovery w. Cat (10/20)		6pm Yoga Happy Hour w. Jammella (Park)			

### Class Descriptions

#### All Levels 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.

#### Ashtanga

Ashtanga is an athletic flow combining strength, flexibility and endurance, which can be practiced by yogis of all levels, and is particularly accommodating to newer practitioners. Literally translated, “Ashtanga Yoga” means “eight-limbed yoga”, which is a powerful, healing practice. It is a specific sequence of postures (asanas) linking breath (pranayama) and movement (vinyasa). Students are introduced to Ashtanga yoga’s Sun Salutations and basic sequences for standing, sitting, supine and prone asanas, Practice always culminates with savasana, and deep relaxation meditation.

#### Barre Flow (45 minutes)

BarreFlow™ is designed to give students of all fitness levels a challenging total body workout. BarreFlow™ combines the flow of a vinyasa yoga class with the science of corrective exercise to create a complete workout for body and mind in only 60 minutes. All classes are at the same level as the technique is designed to work for people at all points on their fitness journey. Modifications and/or advancements are given for most exercises to accommodate all fitness levels. We focus on Integrated Movement - though there are times in our programming that isolation is called for, our general framework is built of movements that involve multiple joints and multiple muscles—often moving through more than one plane of motion. Integrative movement not only results in a higher calorie burn and greater muscle development but also stimulates more neuromuscular activity. By moving the body in multiple ways at once, we are able to improve coordination, balance, and performance and reduce the risk of injury.

#### Bhakti Yoga & Restore

Strengthen and stretch your whole body in this Bhakti-style class. Grounding, breathing, mantra/chanting, asana (poses), and short meditation help you feel more centered and find peace within yourself. Suitable for all levels.

#### Community Meditation

Experience a quiet place of refuge where you can leave stress behind and develop insight into your highest self through guided meditation techniques. This free weekly class will help you tap into your inner abundance through restorative meditations, including breathwork, chakras, inner stillness, loving-kindness, mantra, shamanism, and yoga nidra. Leave the chatter of the world behind and experience the transformative power of collective meditation.

#### Community Yoga (60 minutes)

This Hatha/Gentle style class offers a perfect place for new beginners to try out Yoga in a warm and welcoming space, and for long-term practitioners to get back to basics and deepen their practice amongst community. Poses will be explained in detail, and students are given time to find comfort and ease in each posture. The physical asana portion of each class contains: warm-ups, sun salutations, balancing, back bends, forward bends, twists, and inversions - the body will be stretched in all directions, and strengthened mindfully. Classes may also include basic breathing practices and meditation.

#### 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.

#### Morning Power Flow (virtual)

This yoga flow is a combination of 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. Power Flow 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. This is an in-home virtual class. Register and link for zoom will be sent 30 minutes prior to class.

## Roots

We will link the movement of your body to the movement of your breath. Moderate to strong flow where we will build stability stamina and balance. Poses will be held longer in order to build muscular strength and confidence.

## Sunday Yoga Recharge

Get ready for Monday with this energizing and balancing vinyasa flow. It's time to clear out fatigue, find your balance, and connect with center before beginning a new week. Expect a joyful practice that includes dynamic movement to strengthen and promote flexibility of the body, as well as breathwork, mantra, and storytelling to cultivate presence and meaning in your yoga practice. Feel blessed, refreshed, and aligned –ready for whatever comes your way!

## Sunrise Yoga (virtual)

This class will warm and wake-up your body as we mobilize the joints and stretch the muscles. Expect lots of heart and hip openers, as well as balancing postures and stability work. This is an all-levels Vinyasa style class that will energize you throughout your entire day! No prior experience required.

## Warm Flow (studio)

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, 85 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. The style of sequencing builds upon itself moving through the fundamentals and working towards more advanced poses. This way, if you a newer student (or a seasoned practitioner that wants to take it easy) you know exactly the poses you can modify.

## Yoga in the Park

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.

## 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 if the 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!