



MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
	7am Warm Flow w. Jennifer ( virtual)	7am Sunrise Yoga w. Erin (Virtual)	7:30am Barre Flow w. Jeff (studio & virtual)	7am Morning Power Flow w. Erin (virtual)	8am Barre Flow w. Jeff (studio & virtual)	10am Yoga for CrossFit w. ShantiMa (virtual)
5:30pm All Level Yoga Flow w. Alyssa (studio)	12pm Community Yoga w. Mellissa (Studio/Donation)	5pm Vinyasa w. Victoria (Virtual)	12pm Community Yoga w. Erin (Virtual/Donation)	6:30pm Ashtanga w. Arjita (virtual)	12pm Yoga Flow & Restore w. Mellissa (studio + virtual)	5pm Sunday Yoga Recharge w. Liz (Virtual)
7:30pm Candlelight Yoga w. Karina (virtual)	6:30pm Ashtanga w. Arjita (virtual)		4pm Gentle Yoga Flow & Restore w. ShantiMa (virtual)		1:30pm Y12SR W. Cat Lynch (2/6/Studio)	6:15pm FREE Community Mediation w. Liz (virtual)
	6:30pm Yoga for 12 Step Recovery w. Cat (3 <sup>rd</sup> Tuesday/Month)		6pm Yoga Happy Hour w. Jammella (virtual)			
			7:30pm Candlelight Yoga w. Jayson (studio)			

### **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.

#### Candlelight Yoga

All levels, all body welcome- The stress of a busy day will immediately melt away as you enter a darkened room filled with illuminating candlelight and soothing music. Unwind from the day's activities with focus on gentle stretches, strengthening poses with longer holds, and a luxurious restorative Savasana. This class will help you to calm the nervous system, quiet the mind & rejuvenate the body.

#### 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.

#### Gentle 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.

#### 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

#### 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.

#### Vinyasa Flow

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

#### 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 for CrossFit

Up your performance while healing your body and mind with yoga! Designed to increase mobility, strength, and balance, this class will challenge you in ways CrossFit alone does not. Yoga is perfect for improving CrossFit performance because it will: improve flexibility and mobility, which helps with all Olympic lifting movements by making it easier for your body to get into the position quickly; get your core working properly for all CrossFit movements such as pull-ups, handstand walks, and toes to bar; considerably improve your movement patterns and awareness of your body; and help your muscles heal. This class is fantastic for anyone looking for the benefits of yoga. Athletes of all types will see benefits to their performance.

#### Yoga Flow & Restore

Class begins with a slow-paced Vinyasa practice - connecting movement to breath. Once we work to link the mind and body actively, a transition will be made to Restorative passive, supported asanas (poses) to promote opening of the deeper tissues within the body and letting-go of the mind. The combination of movement and stillness allows for an energetic balance as well as a union between effort and ease.

#### 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!