



## YOGA CLASS DESCRIPTIONS

**Deep Stretch** A meditative style of yoga focusing on passive stretching targeting connective tissues, such as ligaments, bones, and joints. This class is a slow-paced style of yoga with postures that are held for longer periods of time.

**Gentle Yoga** This class is designed for the older adult or the student who needs a bit of extra attention due to an injury or inflexibility. Postures will gently help to increase flexibility and build strength. Instructors are happy to accommodate prenatal students or individuals needing a chair to assist their practice.

**Rise & Shine** Experience the benefits of waking up to yoga as you stretch your body, awaken your mind, and fuel your spirit. Salute the sun with a smile and gracefully work out all of the kinks and tightness from your night's sleep. You'll feel energized, have amazing mental clarity, and will be ready to flow through your day with ease.

**Slow Flow** An all-levels class which links breath and movement, deepens the connection of mind and body. Slow Flow classes help you find the space between poses while still retaining the gentle rhythm of a flow yoga class. Class temperature is 85-90 degrees.

**Vinyasa** This class offers a flowing practice to experienced yoga students comfortable with yoga postures and sun salutations. Vinyasa integrates breath & movement, strength & flexibility. Postures are linked together in a continuous and challenging flow.

**WARRIOR Rhythm™ Flows** The bridge between classic group exercise and traditional yoga. (Yoga-ish) Fitness-focused with yoga undertones - grab a yoga mat and get ready for unconventional yoga flows and unforgettable playlists designed to unleash your inner wild thing!

**Yin Yoga** This practice allows you to slow down, relax, and turn inward, which helps alleviate stress and restore your energy levels. Yin Yoga also improves flexibility, boosts circulation, and reduces tension.