

Yoga - Students of all levels are encouraged to attend. This class is designed to develop body awareness, learn basic postures (asanas) and alignment and become familiar with yogic breathing techniques in a relaxing atmosphere. The instructor will see that each student gets the appropriate challenge or support.

Yoga - Power Yoga - Power Yoga -- experience an Ashtanga inspired practice, using vinyasa flow -- the synchronization of breath and movement. This class is vigorous and challenging as it develops strength, stamina, flexibility and concentration. Students should have a solid foundation of sun salutations and standing postures and be prepared to deepen their practice.

Yoga - Gentle Yoga - Gentle Yoga invites you to increase your flexibility, strength and well being by exploring gentle movements that open and release the body. Students are led through stretches, hatha yoga postures and simple breathing practices then guided into progressive deep relaxation. This is an ideal class for those with chronic pain or stress, those returning from illness or injury or anyone who would like a gentle approach.

Yoga - Yoga Flow - This yoga class integrates the postures, breathing exercises, relaxation and meditation to harmonize you on every level - body, mind and spirit. It is a delicious, mindful and moving class. Yoga Flow is good for toxin release, increasing metabolism and respiration, weight management and reconnects the energy centers in the body restoring balance.