



Class Descriptions

HathaYoga is a general term meaning the yoga of asanas (postures), breathing practices (pranayama) and relaxation techniques, focusing on precise alignment of postures, emphasizing body awareness and mental clarity.

Iyengar Yoga focuses on precise body mechanics and alignment. It involves the use of props to facilitate correct body alignment thereby accommodating individual differences. By tuning in to strengths and weaknesses it allows the body to develop harmoniously and in an anatomically correct way, so that the student suffers no injury or pain when practicing correctly

Ashtanga Yoga is a precise method and series of yoga that involves the synchronization of breath, posture and awareness as taught by Sri K. Pattabhi Jois. It is offered in a workshop format and group practice. Call for details.

Vinyasa form of yoga manifests itself through asanas (postures) that flow in carefully balanced sequences allowing the breath to lead the way.

Dynamic Flow is about linking the breath while flowing from pose to pose in a smooth, mindful manner. Class is approached as a moving meditation that integrates the foundations of physiology, the creativity of dance, and the psychophysical principles of yoga; an eclectic yoga style class fusing the breath with dynamic flow sequences, deep stretches, physical and mental balance, and mindful awareness.

Anusara means flowing with grace; it is a powerful hatha yoga system that unifies a Tantric philosophy of Intrinsic Goodness with Universal Principles of Alignment.

Prenatal Yoga is nurturing class designed to strengthen the body's physical, mental, and emotional preparation for labor and birth in a supportive environment with other expecting mothers. Women possess an innate wisdom about pregnancy and birth, and yoga can help you connect to this body wisdom. No prior yoga experience necessary.

Postnatal Yoga (Mom & Baby) is designed to support the needs of new mothers. It includes exercises to bring strength back to the core abdominal muscles, postures to increase range of motion, and time to interact with your baby. This class is for moms & babies that have not yet discovered crawling. Bring a soft blanket for baby to lie on.

Thai Yoga Massage is an ancient form of therapeutic healing with roots in Ayurveda & Yoga. It rhythmically and meditatively blends gentle rocking, compression, acupressure, and assisted yoga stretches to increase range of motion, and deeply relax and revitalize the body and mind. Thai Massage is practiced one on one, on a floor mat with the client fully dressed in comfortable loose clothing.

Prana Yoga is perfect for beginners and those wishing to develop a healthier relationship with their body. Through meditative breath awareness and balanced healing and strengthening movement, we will experience greater PRANA, the source of our breath and Life-force that awakens radiant health and transformation, allowing us to embody our Self on all levels!.

Community Yoga Class is a mixed level pay what you wish yoga class offered once a week. It's an offering of Karma Yoga (selfless-service) to give back to the community. Balance your body, free your mind. All levels.

Power Vinyasa is a system of Physical, Mental, and Spiritual Awakening that integrates the whole person on every level. This method offers us the understanding of our conditions and the road map to get ourselves out into a more sculpted and awakened life. This class is heartfully designed for everyone from the beginner to the most advanced practitioner. Utilizing a heated room this whole body system will Tone, Sculpt, and Purify your body, Revive your mind, Recharge your Spiritual batteries, and awaken your INNER POWER!

Yoga Basics - For individuals who are new to yoga and want some basic foundation in yoga postures, alignment, breathing practices, and relaxation techniques, or those that want to deepen their current practice.