

# Neighborhood Yoga

## Class Descriptions

**Afternoon Power Flow** is a one hour yoga practice that will challenge you physically and mentally while fueling your inner fire. We match movement with breath in this empowering practice that increases strength, balance and flexibility with focus on anatomical alignment. There are options for all levels!

**Art of Living Yoga** is a holistic way of energizing and integrating your mind, body and spirit. This ancient knowledge made applicable for modern times can be easily added to your daily routine resulting in a lasting experience of your true inner power and overall well-being. Art of Living Yoga is a simple, gentle yet profound approach and offers the benefits of traditional asanas (postures), pranayama (breathing techniques), special meditations and yogic wisdom as well.

**Asana with Energetics** offers a slow-flow, during which your sensory awareness shifts, as you focus on and feel into an inner experience of the innate intelligence that is the body. With regular practice and resultant gradual awakening you realize your life off your mat as an extension of your practice, and how you are nurtured and sustained at every level of your being. In this class Sherri guides you in expanding your awareness of the more subtle underpinnings of asana through posture, breath, and visualization. The subtle, inner, energetic, structural patterns that support you (nature and all of the cosmos) are revealed, resulting in a whole-body relational experience as you move through the practice.

**Community Karma Yoga Class** is a one hour, mixed level donation based class offered five days a week at noon (\$5 minimum donation). It's an offering of Karma Yoga (selfless service) to give back to the community and is taught by some of our recent graduates from teacher training. Balance your body, free your mind. All levels. All studio profits from this class go towards supporting our non-profit organization, Karma Krew.

**Dynamic Flow and Singing Bowl Meditation** Experience an hour of intentional asana and pranayama to loosen and open the body, followed by a half hour meditation (or savasana) accompanied with quartz crystal singing bowls and other vibrational tools. Classes are developed to enhance clarity for meditation. The bowls provide a soothing symphony that also reaches practitioners on a cellular level. Regular class price or class cards accepted.

**Flow and Yin Yoga (All Levels).** Discover your own intuitive healing powers in this rhythmic Vinyasa flow and soothing Yin yoga class. Soul-flow offers a smooth groovin' progression that guides students gently through Pranayama breath work, core body strengthening and energetic awakening followed by deeply healing Yin postures with guided mediation. The vibrant, playful nature of this class invites a feeling of lightness and therapeutic stress relief into daily life. Come experience your truest essence and leave feeling refreshed, rejuvenated and at ease.

**Gentle Yoga** directs inner listening to the flow of subtle energy throughout the body. Softly moving body and soul, we will energize ourselves for greater clearing, balancing, and aliveness. A non-strenuous class that will benefit both beginners and continuing students, interested in a meditative expression of their yoga practice. "Embrace yourself exactly as you are; and, find your own Oneness with Creative Source."

**Hatha Yoga** 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.

(continued on back)

**Laughter Club** focuses on “proactive laughter” in which we give ourselves permission to laugh simply for the pure joy of laughing! Take the opportunity to step away from a poker-faced lifestyle while discovering the instant benefits of laughing proactively.

**Meditation Happy Hour.** Every Sunday afternoon from 4-5pm, Neighborhood Yoga is sanctuary to a free, open group meditation. Everyone is welcome, no meditative experience is necessary. Simple meditation tools and practices will be shared along with insights and group discussions. Come every week or whenever you are inspired to share this inner journey with others and enjoy meditation’s well known calming and enlightening benefits. Every second Sunday of the month, meditation will be followed by an open to all yoga philosophy discussion on the Bhagavad Gita.

**Noon Flow (All Levels)** Join us for a lunchtime break. Restore and revive with our 60-minute lunchtime class.

**Restorative Yoga (All Levels)** This class combines Pranayama (breathing techniques), with supported Asana (postures), to support healing and restoration for all people. Many props are used to comfort and prop up the student, so that with minimal effort the practitioner can focus on the healing breath. This class soothes anxiety, and aides sleep and focus.

**Slow Flow and Foundations of Yoga (Breathe and Begin)** This class is designed as an introduction to the vinyasa yoga practice. Class is slower paced than an all-levels vinyasa flow, and focused on developing clear and safe alignment in foundational poses. Come to learn, play, move, and breathe in a supportive environment. Come with an open mind and open heart, flexibility not required.

**Slow Flow and Yin Yoga** Start with a slow Flow experience followed by a delicious Yin Yoga wind-down. Slow Flow invites the opportunity to build energetic and muscular strength as we explore our own dynamic and evolving nature through the pulsation of breath in each posture. The last portion of the class is dedicated to Yin Yoga, which restores the nervous system and brings the body and mind into a state of receptivity and deep relaxation.

**Soulful Flow** is a vinyasa combination of playfulness and intensity set to lively beats. Creative postures and inspired flows will promote creativity of movement and expression. Prepare for rhythmic soulful flows to invigorate, excite, and inspire.

**Vibrant Flow.** Come join for a one hour whole body flow set to inspirational tunes. This class will help you build strength and relieve tension. Focus on finding anatomical positioning that is right for your unique body, incorporate the breath, and leave class with your light shining a little brighter.

**Dynamic Flow/Vinyasa/Hot Vinyasa** forms of yoga manifests itself through asanas (postures) that flow in carefully balanced sequences allowing the breath to lead the way. Encourages the development of a healthier relationship with the body/mind connection. Through meditative breath awareness, mindful yoga postures to increase both strength and flexibility, we will build tapas (internal purifying heat) and 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 and create space for transformation. Pose variations and modifications are offered for more or less of a challenge.