

Yoga Class Descriptions

Hot Yoga- Uses heat to improve your immune system and promote relaxation.

Intermediate Yoga- Yoga postures to balance spirit, mind, and body in a faster paced environment.

Restorative Yoga- Explore yoga postures to restore energy and strength. Practice breath and body awareness. Class ends with meditation.

Vinyasa Flow Yoga- The practice of moving the body in harmony with the breath. The focus of *Vinyasa* (breath-synchronized movement) yoga is on using the energy of the breath to feel centered, energized and connected.

Yoga 101- Beginner Hatha Yoga designed to teach the basics only. FREE!