

FOUNDATION

YOGA BASICS 1

This class explores a mindful approach to asana practice. The Sun Salutation series is examined in great detail. Yogic philosophy, beginning pranayama and basic meditation are included. Recommended for beginners, yet all levels are welcome.

ALIGNMENT 1

This class explores the alignment aspect of basic yoga postures. Appropriate modifications are given, and anatomy terms are used to increase understanding of the poses. This class is ideal for beginners, and is open to anyone who enjoys a slow and detailed approach.

ALIGNMENT All Levels

This class is a continuation of Alignment 1 and is an excellent compliment to Vinyasa 1-2. Sequences vary according to the general level of the class, and may include variations of the more advanced postures.

CUSTOM

PRIVATE YOGA SESSIONS (Hourly)

Cost : Depending on Instructor
This class is designed for people who want additional assistance with their practice at a time that is convenient for their schedule. Receive personalized assistance for beginning yoga, fine tune your practice, and/or explore some new ways to progress.

VINYASA

VINYASA 1-2

An energized approach to breath oriented asana practice. The result is a graceful, dance-like sequence that promotes strength and flexibility. Sequences vary according to the general ability level of the class. All Vinyasa classes end with a complete savasana. A basic yoga foundation is recommended (minimum 6 months of regular practice), as well as the ability to go into assisted shoulder stand.

VINYASA 2

This class focuses on the more challenging aspects of Vinyasa 1-2. Variations of the more advanced postures are included, such as inversions and full backbends. Stamina is increased through the alchemical heat of the practice, often through numerous Sun Salutations. A well established yoga practice is recommended.

ADVANCED YOGA PRACTICES

This class is for students with an existing intermediate to advanced yoga practice who wish to challenge themselves physically, learn sanskrit chants, and further their exploration of breathing and meditation. Each class will include themed postures of all types, a detailed pranayama, chanting or meditation practice, and savasana.

GENTLE

GENTLE YOGA 1

Unwind with a quiet and compassionate practice. Slow and restorative postures nourish mind, body and spirit. An extended savasana provides an opportunity to fully decompress and renew. This class is a wonderful compliment to any rigorous training program. No previous experience is required.

AERO

AERO YOGA 1-2

This playful training class provides a foundation for Aero Yoga 2. Classes begin with Yogic warm ups and build into Acrobatic strength and core conditioning techniques. Students are introduced to active inversions, partner yoga and partner acrobatics in a safe and respectful environment. These exercises increase trust building, friendship, and good communication skills. Detailed alignment instructions and some injury modifications are offered as part of this challenging physical practice. Skill recommendations for this class include 6 months of regular yoga, and a willingness to explore handstand.