

YOGA CLASSES DIRECTORY

Ranked from least to most vigorous.



STYLE	INSTRUCTOR	DESCRIPTION	GREAT FOR
HATHA YOGA Wednesday	BAXTER	This class is deceptively gentle and challenging, with an emphasis on clear concentration, good physical alignment and connection to breath. Can include slow vinyasa, as well as the full range of yoga postures.	New students, people with injuries, older practitioners.
HATHA FLOW Monday	ELIZABETH	In Liz's classes you will be given the opportunity to slow down and reconnect with your body and breath. Classes will include some slow, flowing sequences, as well as longer held poses.	New students, people with injuries, older practitioners.
HATHA FLOW Friday	BRIDGET	A class for anyone who is interested in finding the relief, strength or stillness that yoga can offer. With a focus on anatomy, core strength and deep tissue work, there's always a new direction and challenge.	New students, people with injuries, older practitioners.
HATHA FLOW Tuesday	SUZANNE	Give your climbing body & mind a healthy glow with this fun and challenging 75 minute Hatha/Vinyasa blend. Suzanne interweaves the cardio and moving meditation of vinyasa flow with Iyengar-based precision.	New and seasoned students.
HATHA FLOW Tuesday Thursday	AMELIA	Hatha Flow Yoga is athletic and challenging with a range of modifications to accommodate all levels. In this class you will learn anatomically correct poses and how to heal and avoid injury.	New and seasoned students.
VINYASA Sunday	KAREN	Through creative sequencing that flows from fun and challenging to restoratively nourishing poses we dive into this ancient practice of being present.	New and seasoned students.
VINYASA FLOW Tuesday Thursday AM	WILLIAM	This class is a powerful, energetic form of yoga where students fluidly move from one pose to the next while connecting their breathing to their movements in essence executing a moving meditation.	New and seasoned students.
VINYASA FLOW Thursday PM	WILLIAM	This class is a powerful, energetic form of yoga where students fluidly move from one pose to the next while connecting their breathing to their movements in essence executing a moving meditation.	New and seasoned students.
VINYASA Saturday	REBECCA	Rebecca's classes are a combination of challenging poses with a spiritual component. She seeks to create a sacred space in which others can connect more mindfully within and without.	Open to all ages and abilities & those who like an active form of yoga.
VINYASA Sunday	SUZANNE	This class is a vinyasa inspired hatha yoga class. You will go through a series of postures that are linked in a fluid way. This class creates a safe space for students to push up against their perceived physical boundaries.	Good for anyone with a sense of body awareness and familiarity with yoga postures.
ROCKET YOGA Monday Wednesday	PK	Learn to take off and fly with Rocket Yoga. A vigorous, ashtanga-based practice that will build your flexibility, balance and core strength.	Best for experienced students only.
POWER VINYASA	MICHELLE (W) KELLYN (F) CRYSTAL (SAT) DORIAN (SAT)	Looking to go further with your yoga practice? Come challenge yourself with strengthening, balancing, and deep stretching, all linked with the power of your breath. This class will encourage you to look at your own strengths and weaknesses with compassion and awareness!	Best for experienced students only, but open to all levels.