

YOGA CLASSES DIRECTORY

Ranked from least to most vigorous.



STYLE	INSTRUCTOR	DESCRIPTION	GREAT FOR
IYENGAR BASED Tuesday Thursday Friday	SANDRA	Through focused attention, participants explore and experience how combining breath and movement can promote flexibility, increase strength, create better alignment & help us experience greater comfort in our bodies.	New students, people with injuries, older practitioners.
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.
ACRO YOGA Sunday	RON	Build strength, flexibility, and balance with a shared practice of partner yoga and partner acrobatics. Learn the basics of bone stacking and counterbalance to support your partner.	New students, strength building, and as a warm-up before climbing.
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.
HATHA FLOW Tuesday	SOFIA	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 Tuesday	RULICK	Dynamic Yoga, an Iyengar influenced vinyasa class, emphasizes the fluid qualities of the breath throughout the whole practice. Incorporating playful vinyasa with more formal body/breath alignment.	New students. NOT suitable for people with high blood pressure.
HATHA FLOW Wednesday	JULIE	Classes integrate body, breath & mind in a flowing combination of challenging poses set to music. Focus is on increasing stamina, strength, & flexibility, as well as attending to healthy alignment, & healing injuries.	This is an open level class for all ages and abilities.
VINYASA Saturday	WILLIAM	These classes are a combination of challenging poses with a spiritual component that involves nurturing the body, self-love & self-acceptance. His classes are only physically challenging if the student wants,	Open to all ages and abilities & those who like an active form of yoga.
VINYASA/HATHA Saturday	MARLENE	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	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 Friday / Sunday	DORIAN (TH) KELLYN (F) MARLENE (S)	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.