

# Yoga

## CLASS DESCRIPTIONS

### Non Heated

<b>Mind/Body Flow 1</b> Beginner/Intermediate	This slower paced flow class is geared towards those who are building foundations for their practice or just prefer a gentler class. Time is spent breaking down sun salutations and other poses fundamental to a Vinyasa practice. Props and modifications are offered for proper alignment and ease in the postures. More challenging poses and sequencing may be intermixed to help you continue to develop your practice, but options will always be offered to meet you right where you are.
<b>Mind/Body Hatha Yoga</b> Beginner/Intermediate	Hatha Yoga is the physical practice of yoga. This class will guide you through movement that develops strength & flexibility. This slow paced class gives you time in each posture and encourages the connection to self through mind, body, and breath.
<b>Mind/Body Flow 2</b> Intermediate/Advanced	Pick up the pace with this challenging vinyasa flow. Explore more complex movements, sequences, transitions & postures, layered over solid foundations that will push your practice to the next level. Some yoga experience is recommended.
<b>Chair Yoga</b> Beginner	Chair yoga is a practice that is beneficial to all. In this class you will use the support of the chair to arrive in yoga postures to find the maximum benefits of yoga. You will increase mobility, build strength, stretch your body, reduce stress, & clear your mind.
<b>Pre/Postnatal Yoga</b> Prenatal, Postnatal, or Just Recharging	This class includes breathing techniques, gentle stretching, postures, cool down and relaxation. Benefits include improved sleep, reduced stress and anxiety, increase in strength, flexibility and endurance of muscles needed for childbirth, decrease lower back pain, nausea, headaches and shortness of breath.
<b>Yogalates</b> Intermediate	Combine the basic postures and techniques of yoga with foundations in Pilates in this fusion class.
<b>Core Connection</b> Intermediate	This class engages the core with exercises that increase core balance, stability and strength from the floor. Various connection exercise equipment will be used.
<b>Mat Pilates</b> Intermediate	The Pilates Method is a challenging workout designed to build strong, lean muscles and core strength, improve posture, and increase flexibility.
<b>Sunrise Yoga</b> All Levels	Awaken your mind and body as you connect to nature with this gentle yoga flow. You will begin with breathing exercises followed by a unique flow and end with a deep relaxation to start your day from a state of mindfulness & peace. This class is perfect for all levels. Sunrise Yoga will be held on the patio (access from the pool) weather permitting. Please dress accordingly. In the event of rain class will be held in the Mind/Body Studio up stairs.

### 75 Degrees

<b>Studio Flow 1</b> Beginner/Intermediate	This slower paced flow class is geared towards those who are building foundations for their practice or just prefer a gentler class. Time is spent breaking down sun salutations and other poses fundamental to a Vinyasa practice. Props and modifications are offered for proper alignment and ease in the postures. More challenging poses and sequencing may be intermixed to help you continue to develop your practice, but options will always be offered to meet you right where you are.
<b>Studio Meditation &amp; Yin</b> Intermediate	We begin with a relaxing meditation to calm the body and mind and focus on our breath. We then move into a yin practice concentrating on physical and mental balance with a series of mat-based poses held for longer periods of time working deep into the connective tissue. Challenge your mind to find peace through the physical sensations of your practice. This is a very gentle class and requires no standing. Leave feeling peaceful and relaxed. Class finishes with a deep meditation at the end.

### 75 Degrees cont.

<b>Studio Restore</b> All Levels	Center your breath and your body in this restorative yoga class. Poses are held for an extended period of time with the aid of props to find your most comfortable expression of the pose. Practice stillness; allow the mind to qui-et and body to rest.
<b>Studio YIN</b> All Levels	Develop physical and mental balance in this slow-paced (yet challenging) practice. Studio YIN is a series of mat-based poses held for longer periods of time to work deep into the connective tissue. Challenge your mind to find peace through the physical sensations of your practice.
<b>Studio Mat Pilates</b> Intermediate	The Pilates Method is a challenging workout designed to build strong, lean muscles and core strength, improve posture, and increase flexibility.

### 85 Degrees

<b>Studio Flow 2</b> Intermediate/Advanced	Build lean muscle mass, boost metabolism, and sweat it out in this high-energy strength training class. Combine familiar yoga poses with weights and cardio to work your whole body, mind, and spirit.
<b>Studio Sculpt</b> Intermediate	Develop physical and mental balance in this slow-paced (yet challenging) practice. Studio YIN is a series of mat-based poses held for longer periods of time to work deep into the connective tissue. Challenge your mind to find peace through the physical sensations of your practice.

### 95 Degrees

<b>Studio Power</b> Intermediate/Advanced	Power yoga combines the athletics of Ashtanga with the flow of Vinyasa. Challenge your strength, balance, endurance and flexibility in this powerful breath to movement class. Because Power is performed in a more active and rigorous manner, you will build patience & discipline while getting a total body workout.
<b>HIIT Fusion</b> Intermediate	Build lean muscle mass, boost metabolism, and sweat it out in this high-energy strength training class. HIIT Fusion combines the intensity of traditional pilates core work with the weight training you love in sculpt, all while keeping that mind-body connection and breath work that keeps you coming back to yoga.

### 105 Degrees

<b>Studio Hot</b> Beginner-Advanced	Explore the traditional 26 postures, incorporating balance, strength and flexibility in our 60 min format. This vigorous yoga practice will detoxify your entire body as you sweat, stretch & strengthen.
<b>Studio Hot Fusion</b> Intermediate	A fusion of vinyasa flow, traditional hot postures, and core. In this class you will challenge your strength, balance, and focus, all while providing opportunities to connect breath to move-



Updated 5.16.24

## KEY

Heated Classes are held in The Studio

Non Heated Classes are held in the Mind/Body Studio (formerly Studio 4) or in Studio 1, 2 or 3