



CLASS DESCRIPTIONS

YIN FLOW + STRENGTHENING

Yin Flow combines elements of vinyasa flow and yin poses to provide a perfect balance of ease and strength. Yin poses release fascia tissue and give more space to our joints, muscles and bones for moving into strengthening sequences for your upper body, core and hips/legs. Each class starts with a meditation and breathwork to release tension throughout your body. You will then move slowly through sequences to gain strength, flexibility and a keen awareness of using your breath for physical and emotional wellbeing. Class ends with a luxurious restorative shavasana.

YIN RESTORATIVE

The combination of yin and restorative yoga provides a perfect practice to achieve a quiet state of body and mind. Yin yoga complements all that we “do” by releasing deep fascia tissue to give more space to our joints, muscles and bones to maintain a healthy ranges of motion and natural mobility of the joints. which enhances the body’s energetic flow and supports emotional equilibrium.

Deeply relaxing restorative yoga has immediate effects on heart rate, blood pressure and brain activity through its emphasis on complete muscular relaxation and a quiet state of mind and body. Throughout the Yin Restorative class, you will have the opportunity to delve into meditations and explore the “subtle body” – the movement and flow of energy in our minds, our bodies and emotional being.

YOGAUNBOUND FLOW

Cultivate an energizing breath as your body moves through a series of vinyasa sequences to naturally align the body, calm the mind and strengthen your body. Explore physical poses for balance and core strength plus breathing exercises and relaxation techniques to help you cope with the daily stresses and demands of your life. The physical practice aims to open areas of the body and promote the stamina, flexibility and vitality of different muscle groups and systems in the mind and body.

YOGA STRONG/BARRE

A hybrid of yoga, pilates and barre fitness, Yoga Barre includes light weights, pilates balls and resistance bands to strengthen joints and bones and tone muscles. You will strengthen your core, increase flexibility, correct your posture, and get sculpted into a

longer, leaner, stronger you. The strength and flexibility gained will help improve your strength for yoga and for the other activities or sports you participate in – running, hiking, skiing, golf, tennis or walking. A fun, upbeat class set to motivating music. Be ready to have fun and move!