



Yoga Class Descriptions

Gentle Yoga

A very soothing approach to classical hatha yoga postures and stretches. Gentle warm-up and stretching, and some restorative work, helps you move mindfully and easefully into poses. This is a gentler, slower paced practice for people of all sizes, ages and fitness levels.

Hot Power Yoga +

An athletic approach to yoga that focuses less on spirituality and more on self challenging. Class is taught in a heated room to help cleanse the body and warm the muscles. The faster pace and challenging yoga sequence plus (+) sports conditioning influenced poses help to build heat, stamina, endurance, lean muscle mass, release tension and increased flexibility. A dynamic combination of strength, sweat and spirituality that will leave you feeling empowered. Towel and water highly recommended.

Hot Power Yoga

A challenging and flowing form of athletic yoga that heals, detoxifies and energizes body and mind. Class is taught in a heated room to cleanse the body and help warm the muscles. HPY is a whole body workout! Be prepared to sweat and leave feeling empowered. Towel and water highly recommended.

Kundalini Yoga

A blend of breathing discipline with the physicality of Hatha Yoga. This class has a strong emphasis on the spiritual nature of yoga by incorporating chants and meditation. Kundalini yoga is an ancient tool for promoting physical well-being, expanding consciousness and tapping into creativity. This class is open to all levels.

Kundalini Yoga (60)

Kundalini Yoga in a 60 minute format.

PIYO

A class designed to effectively improve functional training and dynamic balance using moves inspired by pilates, yoga, and athletic conditioning.

Yogafit

An athletic style of hatha yoga that blends balance, strength, flexibility and power into a fitness format. Class is designed to increase level of fitness, reduce risk of injury and augment recovery of ailments including stress, lower back pain and tension, as well as, improve athletic performance. All levels.