MIND/BODY CLASS DESCRIPTIONS

Our class levels

*** gentle movement** ***** strength building**

**** active movement** ****** vigorous workout**

Hatha Yoga "Hatha yoga" is the physical practice of yoga. Most styles of yoga fall under the umbrella of "hatha yoga". Students will learn various breathing exercises and postures that begin to open the body, generate energy & promote focus and balance within the body's systems. ******
Beginners are welcome

Alignment Based Yoga This class emphasizes breath, alignment, awareness & a deep understanding of yoga **** * Beginners are welcome**

Forrest Yoga This practice uses deep breathing, long holds in each pose & vigorous sequences, you will flush out toxins which rejuvenates every cell in the body. ****

Power Yoga Linking breath to movement, this flowing style uses a progressive series of postures that vary, producing an intense internal heat and a purifying sweat that detoxifies the mind and body. For those who like to be challenged, this style offers improvement in overall athletic ability, balance, strength, stamina, endurance, and an increase in flexibility. ********

Sunrise Yoga Come and start your day organically**.** These postures flow together dynamically to stretch, strengthen & relax. ****

Vinyasa Yoga An emphasis is placed on awakening awareness of the subtle flow of energy, breath, and attention. Similar to Power Yoga, these aspects together will build physical & mental stamina and strength - meditation in motion. ********

Yoga Basics A level 1 yoga class appropriate for beginners, the young at heart, those looking to take it easy, or those wishing to re-visit the fundamental principles of the yoga practice. **
Beginners & Seniors are welcome

Yoga Flow Use your awareness of our breath's continuity within each movement and let the energy move through us as we flow from pose to pose. ****

Yoga Mama's Stretching & Breathing is the key to calmness during your child's birth. **All levels are welcome**

Yoga Sculpt A yoga class that uses small hand weights to tone & sculpt every major muscle group ****

Tai Chi / Qi gong Generating and circulating vital energy/a life force that is harnessed within, Tai Chi is a gentle flow that improves circulation and increases energy through slow, movements done with precise focus that promotes stability and relaxation. *****

NIA Creativity is unlimited, offering students movements and choreographic choices with a diverse blend of Eastern and Western styles, concepts and philosophies. From the work of the martial arts, Nia is infused with power, focus and mindfulness. From the world of dance, Nia is infused with craft and technique. ******* **Beginners are welcome**

Ballet Physique This class is a fusion class combining weight training, ballet, Pilates and orthopedic stretching **** **Beginners are welcome**

Pilates Mat This class focuses on the classical repertoire of Joseph H. Pilates' principles. Participants of all levels will benefit from core and stability training with enhanced breathing techniques. *******
Beginners are welcome

Stretch & Strengthen A gentler approach to toning moves with therabands & weights. This class will increase flexibility with stretching while focusing on strength, balance and stability. *
Beginners & Seniors are welcome

Stretch Therapy A class focused on stretching the body from head to toe so movement and length can occur. ** **Beginners & Seniors are welcome**

Cardio Fit A low impact class that incorporates cardio & strength training into one hour while improving your muscle tone, coordination and balance. *** **Beginners & Seniors are welcome**

Hi/Lo I/II A low impact class that includes cardio, toning and abdominals. Level I is for all levels and Level II is more advanced and has a higher intensity. **Beginners & Seniors are welcome**