

February Yoga 2015



MON	TUES	WED	THURS	FRI	SAT	SUN
	Hot Detox Flow 8am	Hot Detox Flow 9am	Hot (60min.) 6:30am		Flow 8am	Hot (60min.) 9am
Hot (60min.) 9:30am	Flow 9:30am	Hatha 10:30am	Flow (75min.) 9:30am	Hatha 9:30am	Hot Detox Flow 9:30am	Hatha 10:30am
	Hatha 4:30pm				Community Hot 11am	Hot Detox Flow 12:30pm
Hot Detox Flow 6pm	Flow 6:00pm	Hot 6pm	Restore 5:30pm	Hot 6pm		
Restore 7:30pm	Hot 7:30pm	Flow 7:30pm	Hot Detox Flow 7pm		Couples Yoga – February 14 th at 2pm (Partner Posture and Restore) Sign up with Member Services	

Hatha (All Levels)

In this gentle class we explore simple yoga poses that are designed to stretch and relax the body and explore the oneness of body, mind and spirit. An experience to access inner peace, contentment and mental clarity.

60 min. class

Hot (All Levels)

105°F Hot class. This class is taught in the same sequence of Hatha poses. Practitioners have the opportunity to measure progress each class. The first class the goal is to stay in the studio. The practice is designed to improve balance, increase flexibility, maintain or attain your natural body shape and muscle tone. 45 min. class - 1 set of each posture 60 min. class – 2 sets of standing postures (90 min. Hot - 2 sets of all postures)

Hot Detox Flow (All Levels)

95°F Hot Flow class. This class is a power hour flow class designed to stimulate our natural detoxification systems – digestive, respiratory and lymphatic for improved health and an immediate sense of well-being. The practice will heal, strengthen and tone the body while giving the body an opportunity to rid itself of daily toxins. 60 min. class

Vinyasa Flow

85°F class . Strong, creative sequences linking asana (postures) that systematically integrate the movements of the body with the action of the breath. Music, chanting, dharma and pranayama may be integrated. Each part of the body is explored and strengthened in a mindful way. This practice builds strength, tones, and detoxifies. 60 min. class unless otherwise specified

Restorative (All Levels)

A great way to stretch the body while in resting yoga poses. We have bolsters, blocks, eye pillows and straps to allow your body to soften into the poses. Soft music, aromatherapy and light yogic adjustments feel great to soothe the spirit and nurture the body. 60 min. class

Community Classes

These classes are open to the public and are free of charge. As a yoga studio, we are excited to share the practice with everyone in the community. No pre-registration is necessary, check out the class description, be sure to arrive at the studio hydrated and 15 minutes early to prepare for your practice.