

Summer Yoga 2017



MON	TUES	WED	THURS	FRI	SAT	SUN
Hot Detox Flow 9:30am		Hot Detox Flow 9am	Hot 6:30am	Hot Detox Flow 8am	Sutra Flow 8am	Hot Detox Flow 8:30am
	Slow Flow 9:30am	Hatha 10:30am	Hot Detox Flow 10am	Slow Flow 9:30am	Hot Detox Flow 9:30am	Hatha 10am
Slow Flow 4:30pm		Hot 60 min. 5:30pm	Hot Detox Flow 4:30pm	Hot 5pm		
	Hatha 6:00pm			Restore 6:30pm		
Hot Detox Flow 7:00pm	Hot Detox Flow 7:30pm	Hatha 7pm	Hot 60min. 7:30pm	Check Spa 23's website or the APP <i>The Spa 23</i> for upcoming workshops		

Hatha (All Levels)

Sun salutations, standing and seated postures. The teachers incorporate breath and a brief dharma talk into the class. Each class is different and structured to meet the student's overall need. 60 min. class (unless otherwise specified)

Sutra Flow / Slow Flow (All Levels) non heated

This class will focus on gently creating space in the body. If you are a seasoned practitioner or new to yoga, and interested in the philosophy of yoga as well as the physical practice, this is a great class to expand your awareness. 60 min. class - non heated.

Hot (All Levels)

105°F Hot class. 26 postures in 45 minutes. The same set of postures are designed for the all-levels student to measure progress class to class. The practice is designed to improve balance, increase flexibility and muscle tone.

Hot Detox Flow (All Levels)

95°F Hot Flow class. This class is a playful power hour class set to fun music and rhythmic breathing. Warm up with playful sequences and detox the body with compression postures.

Restore

Non-Heated yoga for relaxation and rejuvenation. This class is a peaceful, quiet journey into the stillness of Self. Each practitioner will receive light energetic adjustments and aromatherapy.

All Workshops must be pre-registered by the day before.