

## **Class Description**

### **Hatha Yoga**

A gentle to medium-level practice suitable for beginners with a reasonable fitness level as well as seasoned practitioners. Modifications are offered for individuals with limited mobility. Pregnant women in their second trimester are welcome to join; please inform the instructor of your condition before class.

### **Restorative Yin**

Focuses is on total support and deep stretch using props like bolsters, blocks, blankets to calm the nervous system, release tension, and promote deep rest. It balances our active and sedentary lifestyles by inviting the body into "rest and digest" mode. A slow, meditative practice, designed to target deep connective tissues, enhance flexibility and circulation, and promote relaxation. Postures are primarily floor-based and held for 2–5 minutes.

### **Pilates/Yoga Fusion**

This class focuses on core strengthening and posture alignment, offering a slightly more challenging practice for those seeking a great abdominal workout! Variations are provided for both beginners and advanced practitioners.

### **Flow Yoga**

A dynamic class featuring Sun Salutations and other Ashtanga-style flowing sequences with lots of variations. This is a moderate-level class designed for those who enjoy movement and energy in their practice.

### **Functional Fitness**

This class emphasizes the ability to move efficiently and confidently in everyday tasks, such as walking, bending, or climbing stairs. It focuses on building strength, balance, and coordination, helping participants perform daily activities with ease and reducing the risk of injury. Resistance bands are incorporated to enhance strength and joint stabilization.

### **Restorative Yoga**

A gentle and supportive class suitable for beginners and individuals with limited mobility. This therapeutic practice includes stretches, modifications, the use of props, and longer holds, making it an excellent choice for easing into a regular yoga routine.

**Back Care Yoga** A gentle yoga class focused on stretches and core exercises to promote a healthy spine and strong back. Ideal for beginners and adaptable for various back conditions. Please consult your physician before participating if you have back pain or specific concerns.