

Class Descriptions

Hatha Yoga

A gentle-to-moderate practice suitable for beginners with a reasonable level of fitness, as well as experienced practitioners. Modifications are offered for individuals with limited mobility. Pregnant participants in their second trimester are welcome; please inform the instructor of your pregnancy before class.

Yin Yoga

A slow, meditative practice focused on deep stretching, relaxation, and nervous system reset. Using props such as bolsters, blocks, and blankets for support, Yin Yoga helps release tension, improve flexibility and circulation, and promote deep rest. Postures are primarily floor-based and held for 2–5 minutes, allowing the body to settle into a restorative “rest and digest” state.

Pilates/Yoga Fusion

A blend of Pilates and yoga focused on core strength, posture, stability, and alignment. This class offers a slightly more challenging practice and is ideal for those looking for an effective abdominal and full-body workout. Variations are provided to accommodate both beginners and more advanced practitioners.

Flow Yoga

A dynamic, movement-based class featuring Sun Salutations and flowing, Ashtanga-inspired sequences with plenty of variations. This moderate-level practice is designed for those who enjoy an energizing class that builds strength, mobility, coordination, and endurance.

Functional Fitness

A practical, movement-focused class designed to help you move more efficiently and confidently in everyday life. Exercises focus on strength, balance, coordination, mobility, and joint stability to support activities such as walking, bending, lifting, and climbing stairs. Resistance bands are incorporated to enhance strength and stability while helping reduce the risk of injury and falling.

Restorative Yoga

A gentle, supportive practice suitable for beginners and individuals with limited mobility. Using props, modifications, gentle stretches, and longer holds, this therapeutic-style class encourages relaxation and ease. It is an excellent choice for those looking to slow down, release tension, and ease into a regular yoga practice.

Back Care Yoga

A gentle yoga class designed to support a healthy spine and a strong, stable back. The practice combines mindful stretching, mobility exercises, and core strengthening, with modifications to accommodate different needs and abilities. Ideal for beginners and those looking to support back health. If you have ongoing back pain or a specific back condition, please consult your physician before participating.

Chair Yoga

An accessible yoga practice that uses a chair for support, making it suitable for all fitness and mobility levels. There is no need to get down on the floor or worry about getting back up. Seated and standing exercises help improve flexibility, balance, strength, and mobility. And don't be fooled by the chair—you'll still enjoy a wonderful yoga workout and plenty of satisfying stretches!