





## CLASS DESCRIPTIONS

**BACK CARE BASICS:** Care. For students new to yoga who have scoliosis, are recovering from injury or with limited mobility, to manage pain, increase awareness, and deeply relax.

**CHAIR YOGA:** Support. Use a chair to make poses more accessible. Accommodate for limitations in joint mobility or pain. Support for elderly, injured, or practitioners not looking for a strenuous class.

**GENTLE/RESTORATIVE:** Rejuvenate. Realign, refresh and restore your natural state of grace. This is a safe environment for practitioners with injuries and those who want to breathe and relax. No experience necessary.

**LEVEL I:** Fundamentals. Beginning level class for those new to Yoga. Learn elements of optimal alignment, yogic breathing and awareness of movement in basic postures. \$8

**LEVEL I/II:** Inquiring. Enjoy a relaxed and gentle preparation for asana. Give time to meditation, floor exercises, and prop arrangements to better understand what a pose asks of you. Longer than LEVEL I, less demanding than LEVEL II, a perfect in-between to take your practice deeper in a gentle rhythm.

**LEVEL II:** Expanding. Build on alignment and understanding of movement. Explore inversions, backbends and arm balances with attention to breath's stabilizing rhythm.

**MORNING YOGA:** Step from your dreams onto your mat. Breathe and gently transition into the day ahead. Stretch and move with music; the perfect way to awaken. 🎵

**SLOW JAMS: LEVEL II:** Groove with a sultry playlist, smooth vinyasa to warm up and quiet restorative to simmer down. 🎵

**YOGA FOR BACK CARE:** Catered to practitioners with an asymmetry of the spine or other back issue, to lengthen, strengthen, and restore.

**YOGA HOUR:** Play. One hour of mindful practice for lunch. Alignment, deep breath, and looking for the good included. Some call it the cheapest therapy in town. \$8



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