

OUR CLASSES

We offer a variety of class times and styles to fit your busy schedule! We look forward to seeing you at the studio!

Yoga for Beginners

Are you ready to start your yoga journey? Are you not sure where to begin?

We will learn from the ground up. We will learn the proper foundations and postures for you to be comfortable in poses.

We will introduce you to basic yoga poses, show you how to use your props, how to move with intention and the importance of breathing properly during yoga.

Remember that yoga is a practice, and it takes time to connect with yourself and your body.

Rise and Stretch

Welcome to a new day!

Wake up the mind and the body for the day ahead! Breath becomes the focus by which you release tension from the body and mind. Practice will consist of gentle movement, stretching and breathwork.

Beginner Friendly!

Warm Flow Yoga

Warm Yoga Flow is a class that warms the muscles that allows you to gently reach new levels of personal flexibility. Class temperature will be around 75-80 degrees.

Class includes deep stretching, balances, strengthening, and guided meditation to release layers of tension and tightness. Class will also include core engagement and upbeat music to keep the body moving.

Wind Down Yoga

Need to Wind Down at the end of the day?

This class will help you shift gears as you move into your evening or rest time, allowing you space for centering and grounding.

Class is centered on unwinding the body with the use of yoga straps, blocks, and bolsters; while incorporating gentle yoga postures to improve balance and flexibility.

Buti Yoga

Buti Yoga practice fuses yoga with plyometrics, cardio bursts and tribal dance. It promotes weight-loss, strength gain, mind-body connection, empowerment, and self-love!

Buti is a Marathi word that means the "cure to healing something hidden or kept secret." BUTI yoga is a practice that beautifully embodies the divine female awakening grounded in a traditional vinyasa practice. BUTI empowers women by activating Kundalini energy through combining traditional hatha movements with tribal dance and plyometrics. BUTI is practiced to high energy and upbeat music allowing women to free their Minds, Bodies, and Hips. This freedom allows women to engage in a meditative and empowering experience that brings heat to the core and unleashes a feminine expression of yoga. In BUTI, we sculpt muscles while the body is in an optimal fat burning zone, using power yoga flow as an active recovery and muscle lengthening tool.

BUTI is challenging, uplifting, empowering and will make you sweat! BUTI is a perfect fit for any woman looking to release her inner warrior.

Yoga Your Way

Join us for an afternoon break!

What does Yoga Your Way mean?

Instead of doing a flow class, restorative class or a yin class...we will check in with each other and together decide how to best meet our needs for the day. This class will encourage you to gently open, rewind, stretch, and refocus.

You will reduce your stress and learn breathing techniques to help you throughout your day. This class is for every type of body, every level of skill and flexibility. The best part is absolutely no experience is necessary.

Zen Core

ZEN Core is a focused class that will strengthen the core by combining traditional yoga with core intensive moves.

ZEN Core is a heat building practice that will allow you to move with your breath while building flexibility and working on your core.

Music will be upbeat and will keep you motivated!

Wall Yoga

Explore a new and accessible way to practice yoga. During practice you will work through a sequence on your back, seated, and standing. There will be lots of variations to feel different sensations in the body.

Wall Yoga has many benefits such as opening the body, becoming more stable in a posture, increasing circulation, releasing back pain, and improving digestion.

Morning Flow Yoga

Wake up and tune into your body with this mindful morning flow practice. This early, grounded practice encourages self-care and body awareness.

Each class is an opportunity to be aware of your body and breath.

We will flow, mediate, and stretch!