



CLASS DESCRIPTION



**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.

Sunrise Stretch

This class combines flow and deep stretching to awaken your body and mind. You will be guided through a series of mindful movements that link breath and movement, creating a smooth and rhythmic flow. You will also explore some deep stretches that target the hips, hamstrings, and back, releasing tension and increasing flexibility.

This class is suitable for all levels and will leave you feeling refreshed, balanced, and ready for the day ahead.

Breathe & Flow

Hatha flow to help link breath to movement.

This style of yoga is intended to help improve your body mind connection as we progress through various postures, breathwork, meditations while increasing strength, flexibility, mindfulness, and relaxation.

Leave the ego at the door as you enter this judgment free zone to reconnect to yourself!

Gentle Yoga

Gentle yoga is a style of yoga centered around slow movement and breath connection. This is integrated with pausing and diving deep into the stillness of long held postures. Awareness is drawn inward toward oneself during this process. This class focuses on alignment of the body, breathwork, light strengthening, and flexibility.

Kundalini Yoga

In this practice, the focus is on the movement and transformation of energy through a series of kriyas. Kriyas are complete actions that consist of asana (body postures), mudras (hand positions), pranayama (breathwork), mantras (intentional, repeated sounds), bandhas (constriction of particular areas of the body), drishti (directing the gaze of the eyes), and savasana (relaxation at the end of practice). Each kriya is designed to bring about a specific result in consciousness, ranging from physical benefits (such as better digestion) to more etheric goals (like cultivating an open heart).

Kundalini Yoga is known for its ability to transform, providing physical strength and stamina, improving cognitive function, developing emotional fitness, and connecting spiritually. Practitioners often describe the experience as exhilarating, euphoric, and powerful.

Mindful Movement

This class invites you to cultivate an awareness of your body, mind, and breath while exploring a dynamic and flowing practice.

Throughout the session, you will be guided through a series of yoga postures that focus on increasing strength, flexibility, and balance. With a strong emphasis on mindfulness and staying fully present in the present moment, you will learn to connect with your body, releasing tension and stress.

Through a combination of flowing sequences and held postures, this class aims to create a harmonious balance between movement and stillness. By syncing your breath with your movements, you will cultivate a deeper mind-body connection and enhance your overall sense of well-being.

Class is suitable for beginners!

Chair Yoga

In this class, we will guide you through a series of yoga poses and gentle stretches, all performed while seated on a chair or using the chair for support. The primary focus is on improving flexibility, strength, and balance, while also cultivating mindfulness and relaxation.

Chair Yoga offers a wide range of benefits, including increased joint mobility, improved posture, and enhanced circulation. By gently moving the body and stretching the muscles, you will release tension and stiffness, promoting a sense of ease and well-being.

Throughout the class, emphasis will be placed on mindful breathing techniques and meditation, allowing you to connect with your breath and relax your mind. This practice fosters a deep sense of calm, reducing stress and anxiety.

Chair Yoga provides modifications and adaptations for each pose, ensuring that you can participate safely and comfortably. Our experienced instructor will provide personalized guidance and support, encouraging you to listen to your body and honor its unique needs.

Slow Flow Yoga

This class is designed to guide you through a gentle and deliberate sequence of yoga poses, allowing you to move with grace and intention while cultivating a deep sense of calm and presence.

In Slow Flow Yoga, each movement is purposefully connected with the breath, creating a seamless and harmonious flow. By slowing down the pace of the practice, you have the opportunity to explore and refine each posture, aligning your body, mind, and breath.

This class focuses on developing strength, flexibility, and balance while promoting a sense of mindfulness and inner peace. Through a series of carefully selected postures, you will gently open up your body, release tension and tightness, and create space for deeper relaxation and self-discovery.

The slow, steady pace of the class allows you to fully immerse yourself in the present moment, heightening your awareness of sensations, thoughts, and emotions. By practicing mindfulness throughout the session, you can cultivate a deeper connection to your body, fostering self-acceptance and promoting overall well-being.

Slow Flow Yoga is suitable for all levels, from beginners to seasoned practitioners. Our experienced instructor will offer modifications and variations for each pose, ensuring a practice that is accessible and enjoyable for everyone in the class.

Whether you are looking to unwind after a busy day, reduce stress, or simply nurture yourself, Slow Flow Yoga provides a sanctuary of tranquility and rejuvenation. Join us on the mat and experience the transformative power of this gentle, yet empowering practice. Leave the class feeling grounded, centered, and connected to your inner self as you carry the serenity of the practice into your daily life.