



Schedule

Fall 2021
Effective September 6

MONDAY	TUESDAY	WEDNESDAY	THURSDAY
9:45AM Slow Yoga Flow Mekea	7:30AM Vinyasa Yoga Flow Anna B.	9:45AM Vinyasa Yoga Flow Amy	9:45AM Vinyasa Yoga Flow Marisa
	9:45AM Vinyasa Yoga Flow Lyn	11:00AM Restorative Amy	
	11:00AM Pilates Anna W.	6:00PM Yin Yoga Jaime	11:00AM Pilates Heather
6:30PM Vinyasa Yoga Flow Laurence	7:30PM Slow Yoga Flow Roxanne	7:30PM Vinyassa Yoga Flow Roxanne	6:30PM Restorative Mekea

FRIDAY	SATURDAY	SUNDAY
9:45AM Vinyasa Yoga Flow Anna B.	8:30AM Slow Yoga Flow Mekea	8:30AM Slow Yoga Flow Geri
11:00AM Restorative Mekea	10:45AM Vinyasa Yoga Flow Anna	9:45AM Vinyasa Yoga Flow Laurence

Class Descriptions

Restorative Yoga - Cultivate mindfulness and release stress and find physical, mental, and emotional relaxation. Restorative Yoga is appropriate for all levels, and is practiced at a slow pace, focusing on long holds, stillness, and deep breathing.

Slow Flow Yoga - Enjoy a slower flow class that is sandwiched between a longer warm up and cool down. Attention is paid to building strength, balance and functional alignment from the ground up, feet to finger tips.

Vinyassa Yoga Flow - Free your body & mind in this faster paced vinyasa style class where each movement and pose is linked with breath. The flow will include poses and transitions that promote strength building, core awareness and flexibility for the whole body.

Yin Yoga - Yin yoga works deeply into our body with passive, longer-held poses. Yin yoga targets the deepest tissues of the body, our connective tissues – ligaments, joints, bones, and the deep fascia networks of the body. Yin yoga improves the energy flow, enhancing the flow of chi in the organs. Yin yoga also offers wonderful emotional and mental health benefits.

Pilates - Pilates is a method of exercise and physical movement designed to stretch, strengthen, and balance the body. With systematic practice of specific exercises coupled with breathing patterns. Our Pilates is done on a mat and is core focused.