



Class Offerings

Class Name	Description	Appropriate for:	When is it?
Fundamentals of Yoga	A slower paced, yet challenging learning practice that emphasizes the basics of poses. Time is allowed to fully understand alignment and how to achieve the best pose for your body and your flexibility.	Basic beginners and those who want to further their understanding of poses	Sat 8:00a Sun 9:15a
Restorative Relaxation	Mindful movement and longer holding of gentle, fully supported postures. Props such as bolsters, blankets, foam blocks and straps are liberally utilized. Designed to allow for true rest and the restoration of body, mind and soul.	Beginners, seniors, pregnant women or those looking to slow down and look within	Thurs 4:15p
Fusion	A blend of styles with emphasis on awareness, intention, alignment and breath. Some classes offer a gentle rocking style to ease the body open, and others offer familiar elements of a flow class.	Wednesday: Beginner Saturday: Advancing Beginners	Wed 5:30p Sat 9:00a
<i>**NOTE: Flow classes (also known as vinyasa flow) use consistent, steady breathing to link a series of poses together in a flowing, fluid manner, encouraging the body to open and the mind to quiet. Flow classes tone the body and lengthen the muscle tissue to improve overall strength and flexibility</i>			
Gentle Flow	Slower flowing movement linked to breath resulting in a mindful and peaceful practice.	Beginners, seniors or those looking for a slower paced class	Tues 8:30a
Slow Flow / Restorative	Blends flow and restorative in all class. The 1 st half of the class is flowing movement and the 2 nd half of the class transitions into fully supported restorative poses aided by props such as blankets, bolsters, and foam blocks.	Beginners or those looking for some movement followed by a gentle restorative practice	4:30p Tue 3:00p Sun
Flow All	Flowing movement linked with breath, sequenced mindfully to emphasize the transitions between poses. Modifications are provided so that practitioners can choose their own level of practice.	All levels, beginners to advanced	Noon on Mon, Tues, Thurs, Fri or 6:30a Thurs
Flow 2	Same as Flow All, but includes more challenging poses – not recommended until you have experienced 5-10 or more Flow All classes and are becoming comfortable with the names of poses.	Those looking for challenge, more advanced & experienced yogis	Tues 6p Wed Noon Sun 8a or 5p
Heated Detox	Detox yoga revitalizes each system of the body in a variation of Bikram yoga. The classroom is heated to 95° to speed the detox process and deepen poses. Poses are done twice; holding for longer in the 1 st set; shorter and going deeper in the 2 nd set.	Beginners to advanced who can adapt & acclimate to heat	Mon 7:30p Wed 7:00p Thurs 7:00p
willPower & Grace	High-energy, barefoot cardiovascular hour for mind-body practitioners offering the foot-fitness conditioning that athletes need. Philosophical & physical; a full-body functional workout. Strengthen your feet while progressively correcting imbalances in your ankles, knees and hips.	No yoga experience; intermediate fitness level	Sat 10:45Aa
Yin Yoga	A complement to the more active Yang Yoga practices or athletics. Yin Yoga targets the areas between the knees and the navel and works to lengthen both muscles and connective tissue. Postures are typically held for several minutes.	Appropriate for all levels.	Tuesdays 6:30AM
Prenatal	Flow yoga for all levels practiced with the modifications needed for pregnancy.	Pregnant women – all trimesters	Sun 1130a Tues 7:30p
Toddler Yoga	Poses can include your child or they can play; relaxed & fun for all.	Mobile babies to age 5 (multiple children fine) and their caregiver of any level	Thurs 10:00a

Mommy & Me Infants	Poses can include your baby or they can play; relaxed & fun for all.	6 weeks to crawling – pre-registration required!	1 st & 3 rd Thurs 11a
Dharma Punx Meditation	Peer led sitting group practicing the teachings of the Buddha and Noah Levine; intro given at the beginning of class, then guided meditation.	All welcome; donation class	Fri 7:30p
Dharma Ocean	A community using meditation to awaken to one's genuine life. Led by Sean McNamara, a senior teacher in the Dharma Ocean mandala and a long-time student of Reggie Ray.	All welcome; donation class	Sun 6:30p