

# Class Descriptions

## **Basic Class (Level 1)**

If you are a beginner, or you want to gain strength in the fundamentals of hatha yoga, this is a great class for you! We focus on alignment and breathwork.

## **Yoga Combo (Levels 1-2)**

Step it up! A class to challenge beginners and intermediate students alike! Learn important modifications to poses. Learn to honor your body. We all do the same poses as they are expressed in our individual bodies.

## **Ashtanga Mix (Levels 2-3)**

Ashtanga Yoga is a physically demanding practice heavy on Sun Salutations, arm strengthening Chaturangas and jump backs in a heated room.

## **Rock Star Arm Balance (Level 3)**

Vigorous sequences designed to develop upper body strength so you can learn to soar in your yoga practice!

## **Rest & Restore (Level 1)**

We work very hard in our lives, and while we may sleep, we rarely take time to rest. Restorative yoga poses help us learn to relax and rest deeply and completely. This type of yoga has many health benefits: reduce blood pressure, improve digestion, increase fertility, reduction of insomnia and fatigue, reduce muscle soreness and much more.

## **Sunday Sangha**

Come before Sangha to socialize and relax with reflexology, chair massage, snacks, and Headrush Roasters Coffee & Tea. During Sangha, there are yoga classes for adults and children, along with meditation, chanting, live music, and inspirational talks.

DISCOVER – STRENGTHEN – REJUVENATE - RELAX - BALANCE - BREATHE