



## Yoga Classes

**Active Yoga:** Elevate your yoga practice to the next level. This class is designed for those who have mastered the basics and seek a greater challenge. Each session will weave resilience into your muscles and serenity into your mind. Walk with us down a path where breath & mindfulness empower you and each sequence refines your ability. Please bring a mat as well as yoga blocks or a strap.

**Athletic Yoga:** Unleash your warrior spirit in a power-packed class where the focus remains on athleticism. Our goal is to be a catalyst for performance, stability, and physical prowess. This will involve a blend of strength-building poses and dynamic sequences that will fortify your body and sharpen your focus. Please bring a mat and a clear mind.

**Basic Hatha Yoga (@ WC & Kahite):** Join a sanctuary where beginners and seasoned practitioners unite to nurture their flexibility, fortify their balance, and refine their strength. Foundational poses are woven with purposeful breathing practices in this full-body experience. Each asana is a step towards harmonizing a strong body with a calm mind. Please bring a mat - blocks, and straps are optional.

**Gentle Yoga:** Embrace the slow dance of breath and movement in a class designed for everybody and any level of experience. Join us as we ebb and flow through traditional poses at a slow, deliberate pace. Transitions from standing to the floor will be minimal as we put the focus on the relaxation of mind and body in our homage to “moving meditation”. Bring a yoga mat, towel, or blanket and a yoga strap.

**Rise & Shine Yoga:** Awaken to the adventure of a new day with a yoga practice designed to invigorate you. As the world stirs gently to life, so will your body, greeting the day with a sequence of poses to uplift your spirit. Bring a mat and join us in setting a tone of calm intention for the hours ahead.

**Therapeutic Yoga Plus (@ Chota):** Experience the restorative harmony of movement and mental tranquility in this carefully tailored practice. Our instructors will guide you through classic poses as they prioritize precise alignment and integrate techniques intent on restoring both mindfulness and body awareness. Grab a mat and yoga strap, then join us in an oasis for those who seek to slow life down.

**Weighted Yoga:** Evolve your yoga experience with a class where tradition meets toning. Feel the added intensity as hand weights are added to classic poses and transitions. Perfect your practice and sculpt those muscles in a single dynamic session. Please bring a mat and hand weights.

**Yin Yoga:** Surrender to serenity in a class that invites patience and poise into your practice. Deeply held postures invite muscles to relax as ligaments and tendons find their fullest length. These extended poses present a new challenge to focus and stability as they enhance flexibility. Emerge feeling profoundly revitalized but begin by bringing a mat and yoga blocks.