



SEPTEMBER YOGA/PILATES 2024 SCHEDULE + **NEW CLASSES**

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
7a SlowFlow with Nicole (Lv1)	7a SlowFlow with Nicole (Lv1)	7a SlowFlow with Nicole (Lv1)	7a SlowFlow with Nicole (Lv1)	7a SlowFlow with Nicole (Lv1)	
8:15a Hot Vinyasa with Holly (All Levels)	8a Pilates/Barre with Hannah	8:15a Hot Vinyasa with Holly (All Levels)	8a Pilates/Barre with Hannah		
	9a CorePower with Nicole		9a CorePower with Nicole		9a Donation-Based Vinyasa with Hannah (Lv2) <small>(Open to anyone with local ID)</small>
9:30a Asana HIIT with Ali	9:30a Therapeutic Yoga with Nicole (Lv1)	9:30a Asana HIIT with Ali	9:30a Therapeutic Yoga with Nicole (Lv1)	9:30a Asana HIIT with Ali	10:15a Donation-Based Therapeutic Yoga with Nicole (Lv1) <small>(Open to anyone with local ID)</small>
10:45a Vinyasa Flow with Hannah (All Levels)	10:45a Vinyasa Flow with Loren Lotus (All Levels)	10:45a Vinyasa Flow with Hannah (All Levels)	10:45a Vinyasa Flow with Nicole (All Levels)	11a Donation-Based Breathwork & Sound with Ali <small>(Open to anyone with local ID)</small>	
					Sunday
	4:15p Pilates/Barre with Hannah		4:15p Pilates/Barre with Hannah		
5:30p Hot Vinyasa with Celeste (Lv2)	5:30p Hot Power Vinyasa with Hannah (Lv2)	5:30p Hot Vinyasa with Celeste (Lv2)	5:30p Hot Power Vinyasa with Hannah (Lv2)		9am Ashtanga Vinyasa with Celeste (Lv2)
7p SlowFlow with Nicole (Lv1)	7p Candlelit Yin Yoga with Loren Lotus	7p SlowFlow with Nicole (Lv1)	7p Candlelit Yin Yoga with Loren Lotus		6pm Candlelit Vinyasa Flow with Alyssa (Lv1)



CLASS DESCRIPTIONS

Vinyasa Yoga: Vinyasa Yoga means linking of a series of poses to breath which can be advanced or modified. You may learn new poses, arm balances or inversions and flow through chaturangas. 60-75-minutes (All Levels)

SlowFlow Yoga: A slow style of Yoga with a slow sequence and pauses in each position where you intentionally stretch the body and increase mobility through Asanas (postures). 60-minutes (Level 1)

Hot Power Vinyasa Yoga: Come to sweat for a faster paced, heated Yoga class sequencing postures and flows to thoroughly heat and stretch the body. 60-minutes (Level 2)

Therapeutic Yoga: A gentle style, mellow flow of Yoga with a slower sequence and pauses for longer holds and stretches in each position. Typically paired with sound bowl therapy. (Level 1) 75-minutes

Ashtanga Vinyasa: Ashtanga is a traditional practice with a set sequence that repeats itself each week and builds off the foundational poses to build overall body strength. This class offers a strong base of strength and connection to your breath. (Level 2)

Yin Yoga: Yin yoga is a style in which poses are passively held for a minimum of three minutes, but ideally 5-7 minutes or more, with the intention of targeting the fascia and other connective tissues of the body. (All Levels)

Breath & Sound: Guided and relaxing diagrammatic breath practices, with emphasis on toning, varying tempos and ending in a vibrational sound journey to clear and cleanse frequencies. Vibrate at a higher level for the rest of your day!