



NOV-DEC YOGA/PILATES 2024 SCHEDULE

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
7a SlowFlow w/ Nicole (Lvl1)	7a SlowFlow w/ Nicole (Lvl1)	7a SlowFlow w/ Nicole (Lvl1)	7a SlowFlow w/ Nicole (Lvl1)	7a SlowFlow w/ Nicole (Lvl1)	
9:30a Asana HIIT with Ali	9a Pilates/Barre with Hannah	9:30a Asana HIIT with Hannah	9a Pilates/Barre with Hannah	9:30a Asana HIIT with Ali	9a Donation-Based Vinyasa w/ Hannah (Lvl2) <small>(Open to anyone with local ID)</small>
	10am Therapeutic Yoga with Nicole (Lvl1)		10am Therapeutic Yoga with Nicole (Lvl1)	11a Donation-Based Breathwork & Sound with Ali <small>(Open to anyone with local ID)</small>	10:15a Donation-Based Therapeutic Yoga w/ Nicole (Lvl1) <small>(Open to anyone with local ID)</small>
					Sunday
	4:15p Pilates/Barre with Hannah		4:15p Pilates/Barre with Hannah		10am Hot Vinyasa with Holly
5:30p Hot Vinyasa with Nicole (Lvl2)	5:30p Hot Power Vinyasa with Hannah (Lvl2)	5:30p Hot Vinyasa with Nicole (Lvl2)	5:30p Hot Power Vinyasa with Hannah (Lvl2)		
6:45p SlowFlow with Nicole (Lvl1)	6:45p Candlelit Yin with Loren Lotus	6:45p SlowFlow w/ Nicole (Lvl1)	6:45p Candlelit Yin with Loren Lotus		6p Hot SlowFlow w/ Corinne



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!