

# Class Descriptions & Styles

## Beginner / Level 1

Little or no experience? Come learn the basics of Yoga.

In this class we will learn the fundamental Yoga poses. Learn basic breath work & Meditation.

Guided relaxation helps the body/mind relieve excess tension.

A great class to start to find out "What is Yoga?"

**\*\*\* No experience required\*\*\***

## Level 2-Continuing The Journey

Already taken Beginner Yoga

Want to deepen knowledge and understanding of Yoga, then this is the class for you!

In level 2 you will explore the poses (Asana's) on a deeper level.

We will work towards longer holds & more advanced poses.

In level 2, we will increase our core strength & start to work on supported inversions (headstands, shoulderstands, and handstands) as well as arm balances!

In this class we start to explore longer Meditations,

Yoga traditions & Pranayama (the art and science of breathing).

An introduction to Yoga philosophy is also included.

**\*\*\*A minimum of 1 year of regular Beginner Yoga experience is a must for this class\*\*\***

## Gentle Yoga

This gentle easy paced class focuses on freeing the joints & opening all the major muscles in a supportive mindful way.

This class is designed for people who find Level 1 challenging and need a more gentle approach to increasing your flexibility and strength.

Whether you are inflexible, just recovering from injury, surgery, childbirth or have medical conditions or just looking for a relaxing break in your day.

Breath work, Meditation & guided relaxation ensure that you leave feeling refreshed & recharged.

**\*\*\*No experience required\*\*\***