

all about you Class Descriptions

All Levels Yoga: This class is for any one of any age, shape or size. No experience or flexibility is required. In All Levels Yoga you will practice many different yoga postures, learning correct alignment and basic breathing techniques. You will begin to gain flexibility, strength and tone, invigorating the body and calming the mind. All Levels are welcome, modifications offered for individual needs.

Beginner Yoga: This class is for any one of any age, shape or size. No experience or flexibility is required. This is a class for those of you who have always wanted to try yoga for the purposes of experiencing the benefits of stretching and stress relief. The focus of this class will be on using the breath to quiet the mind while learning some of the beginner poses.

Restorative Yoga: This class is designed to relieve the effects of chronic stress by using props to provide a completely supportive environment for total relaxation. The spine is moved in all directions to enhance health and well-being. Sequences are designed to alternately stimulate and soothe internal organs. Energy is balanced, relieving over stimulation or depletion. A long, deep relaxation promotes bliss and harmony.

Prenatal Yoga: Pregnancy is a transitional time for women, when many physical & emotional changes take place. Prenatal Yoga helps increase overall strength, flexibility & prepares for a healthy, mindful, more natural approach to the challenges of labor and birth. Prenatal Yoga practice helps a woman get to know herself deep down, confront her worries and develop the courage to enter into parenthood.

YogaTone: A mix of yoga, strength-training and Pilates. Some poses may include the use of weights for added benefit, but are optional. A great, full-body workout!

Hot Yoga: The Hot yoga room is maintained at a temperature of 100 degrees Fahrenheit. Our hot yoga classes tend to be a flowing, vinyasa style of practice in which the teacher instructs a series of linked poses. As you can imagine, a vigorous yoga session at high temperature promotes profuse sweating and makes the body very warm.

- It is essential to have your own yoga mat when doing hot yoga since you will be sweating so much.
- Make sure to drink plenty of water before and after class so you don't get dehydrated. It is not advisable to eat during the two hours before class.
- Hot yoga is not advised for pregnant women, since it can raise the core body temperature.

Hot yoga is the single most vigorous, aerobic, addictive and effective yoga series in the world. More than a million people in over 850 studios around the world practice hot yoga because it provides complete health care – physical and mental. Each class consists of a series of postures that systematically stimulate the muscles, organs and glands, as well as the nervous system. As you progress through the postures, you will move freshly-oxygenated blood throughout the body.

While looking good is the goal for most of us, hot yoga provides so much more. In just one class, you will sweat, smile, work, de-stress and improve your overall health, spirit and self-image more than you can imagine! With a dedicated practice, you will benefit from increased stamina, flexibility, strength and balance. The surprise will come when you discover you have increased concentration, patience, determination and self-control.

Hot yoga will restore your body. It is a true prescription for overall health.

Other benefits of hot yoga include: accelerated weight loss, stress reduction, improved balance, more developed muscle tone, lower blood pressure, headache relief, improved concentration and a greater love of life!...