

FLOW CLASSES

MELLOW FLOW

Mellow Flow is a grounding Vinyasa class for all levels of practice! Slow paced sequences and posture modifications allow students ample time to execute each pose while drawing the mind into a relaxed state.

MINDFUL FLOW

Mindful Flow is a methodical Vinyasa class focused on proper alignment and safe transitions. Sequences flow at a slow-moderate pace with longer holds in postures. Instructors give detailed anatomical cues and skillful adjustments (if desired) to increase students' understanding of each asana.

LUNAR FLOW

Lunar Flow is a Mindful Flow class themed to follow the Lunar Cycle. Postures and sequences adjust according to the energy of the moon, ranging from gentle to challenging, depending on where the class falls in the waxing/waning process.

PRANA FLOW

Prana Flow is a breath-based Tapas style Vinyasa class focused on building mental and physical endurance. A slow sequence of postures held for 90-seconds each quickly fires up the body and challenges the mind to stay present throughout. This class is conducted to the enveloping sound of Ujiyi "Ocean Breath" rather than music.

DEEP FLOW

Deep Flow is a fluidly moving Vinyasa class that weaves the body through creative sequencing with periodic deep holds to build heat, endurance and flexibility. Minimal alignment cues and rhythmic pacing keeps the class moving at a moderate-upbeat pace.

SLOW POWER FLOW

Slow Power Flow blends the creative sequencing and rhythmic pace of Deep Flow with the option of advanced posture variations and frequent vinyasa transitions of Power Flow. Ideal for students with an established practice seeking a spiritually grounded, athletic flow.

POWER FLOW

Power Flow is an upbeat Vinyasa class designed to energize the body through swift sequences, frequent vinyasa transitions (chatarunga to upward facing dog to downward facing dog) and *optional* advanced posture variations. Ideal for students with an established practice seeking an upbeat vigorous flow.

SPECIALTY CLASSES

CANDLELIGHT VINYASA-YIN

Candlelight Vinyasa-Yin blends the warming practice of Vinyasa with the calming practice of Yin. Students begin with 30+ minutes of Deep Flow then transition to a sequence of seated stretches in extended holds (3-5 minutes each). Yin stretches target the body's connective tissue (fascia), ligaments, bones and joints. The fusion of practices and candlelight filled space enable students to access a deep state of unwinding and release. **(Candlelight only offered during Day Light Savings.)**

RESTORATIVE/YOGA NIDRA

Restorative/Yoga Nidra is a deeply relaxing experience designed to ease tension and promote better sleep. Class begins with a sequence of restorative (passive) postures supported by bolsters, blankets and blocks to calm the body and mind before slipping into Yoga Nidra meditation. Yoga Nidra is the practice of using specific breathing techniques to trigger the body's relaxation response, balancing both the sympathetic and parasympathetic nervous systems, and the left and right brain.

GUIDED MEDITATION

Guided Meditation is an instructor-led circle that practices mindfulness techniques to both calm the mind and increase its resilience to daily stress.