



Yoga Studio

MONDAY		TUESDAY		WEDNESDAY		FRIDAY	
9:30a	Yoga Flows <i>Molly</i>	6:30p	Power Yoga <i>Sara</i>	5pm	Yoga Barre <i>Sara (30m)</i>	9:30a	Mindful Flow <i>Kat</i>
				6:30p	Slow, Flow, Stretch <i>Morgan</i>		

CLASS DESCRIPTIONS

Mindful Flow

In this class you will be encouraged to work within your body mind limitations, accepting yourself today with compassion and applying yourself within that framework.

Power Yoga

From Ashtanga Yoga, emphasizes stamina, strength, flexibility and balance through the flow of creative dynamic postures.

Slow, Flow & Stretch

Unroll your mat for a thoughtful and mindful, full body slow flow class, focusing on connecting mind and body. Whether you need a midweek recovery day or just want to relax your bones and breathe, this class stretches every muscle group while linking breath to movement at a slow, intuitive pace.

Yoga Barre

Flow through poses and power moves while gaining strength, flexibility and control. Leave with a sense of well-being.

Yoga Flows

Links rhythmic breathing with natural alignment of flowing, sustained postures.