



Class Descriptions

(Always remember, Yoga works the body and mind from inside out)

Yoga Basics for beginners

This course is an introduction to the true meaning and aspects of *YOGA* and how you can incorporate the same in real life. Introduction to Breathing techniques (Pranayaam), simple and easy to do Physical postures(Asanas) and techniques for Relaxation/Meditation to help you de-stress. Recommended for new members.

Gentle/Beginner Yoga

A wonderful connection of simple and easy to do yoga asanas working with extreme self awareness fo breath and body movements and allowing your body to lead you. Wonderful breathing techniques to quite your mind and body to end the session with calm and peaceful feeling. Gentle flow of poses and end with relaxation.

Mixed level-Gentle Yoga

Combination of occasional intermediate poses, this class will follow some advanced poses with proper alignment of breath (Pranayaam) and self awareness of body and mind connection. Free flow of energy and relaxation techniques to quiet the inner self. This class is recommended after at least about 9 months to a year of gentle/beginner yoga classes.

Prenatal YOGA

Give yourself and your baby the best you can. JOIN the best prenatal *YOGA* workshop in the area. Learn wonderful breathing techniques to help you and the baby thru the pregnancy and during birth. Practice great poses to benefit you and the baby and best of all, get some well deserved and required rest and relaxation.

Therapeutic-chair Yoga

Having a hard time on the floor but still want to reap the benefits of Yoga? Try using a chair and still be able to practice very simple, and easy to do yoga poses in this session. Targeting specific needs of human body and breath to relax and release stress.

Children's Yoga

Introduce them to a way of life that will change the way they see the world.

Help them,-

Relax and release tension,-learn to listen,-learn to breathe the right way,-Release stress during sports and acedemic studies,-stay calm under strained circumstances,-Learn wonderful yoga poses for balance and flexibility,-create a focused and concentrated mindset,
- play mind games for relaxation AND do all of this in a fun environment.