

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
Morning/Midday	5:30—6:30am Hot Flow	8:15—9:15am Hot Flow	5:30—6:30am Hot Flow	8:15—9:15am Hot Flow	5:30—6:30am Hot Flow	8:15—9:15am Hot Flow	8:30—9:30am Hot Flow
	8:30—9:30am Hot Flow	9:30—10:30am Flow Basics (Babysitting available)	8:30—9:30am Hot Flow	9:30—10:30am Flow Basics (Babysitting available)	9:15—10:45am Hot Power Flow (Babysitting available)	8:15—9:15am Yin	9:45—10:45am Gentle Hatha
	9:15—10:30am Hot Power Flow	9:30—10:30am Hot Yoga (Babysitting available)	9:15—10:45am Forrest	9:30—10:30am Hot Yoga (Babysitting available)	9:30—10:30am Flow (Babysitting available)	9:30—10:45am Slow Flow	11:00-12:15pm Yoga For Athletes
	10:45—11:45am Yin	10:45—11:45am Flow (Babysitting available)	10:45—11:45am Flow	10:45—11:45am Flow (Babysitting available)	10:45—11:45am Flow (Babysitting available)	9:30—10:45am Yoga For Athletes	
	12:00—1:00pm Flow	12:00—1:00pm Fitness Yoga Fusion		12:00—1:00pm Flow	10:45—11:45am Fitness Yoga Fusion (Babysitting available)	11:00—12:15pm Hot Power Flow	
Afternoon/Evening	5:15—6:15pm Flow Basics	5:00—6:15pm Hot Power Flow	5:15—6:15pm Flow Basics	5:00—6:15pm Forrest Yoga	6:00—7:15pm Hot Power Flow	1:00-2:00pm Forrest	1:30—2:45pm Flow
	6:00—7:15pm Flow	5:00—6:00pm Kids Yoga Fusion	6:00—7:00pm Slow Flow	5:00—6:00pm Tween/Teen Yoga		1:00—2:00pm Kids Yoga	3:00—4:15pm Hot Power Flow
	6:30—7:45pm Hot Power Flow	5:30—6:30pm Gentle Hatha	6:30—7:45pm Hot Power Flow	6:30—7:45pm Hot Power Flow			4:30—5:30pm Yin
	8:00—9:00pm Forrest	6:30—7:45pm Forrest	7:15—8:15pm Hot Yoga	8:00—9:00pm Slow Flow			
	8:00—9:00pm Restore & Renew	8:00—9:00pm Hot Flow	8:00—9:00pm Yin	8:00—9:00pm Restore & Renew			
	8:00—9:00pm Flow Basics					*Orange text Indicates a heated class.	

#### Flow Yoga Practices

In this practice, each pose is linked with a breath to create a continuous dynamic flow. Classes will include standing poses, balancing postures, core work, backbends, and hip openers

**Flow Basics:** A vinyasa practice taught at a slower pace, with more explanation on correct alignment and modifications. Basic postures are explored including standing poses, standing balancing poses, core work and backbends. This class is appropriate for beginners or experienced students wanting a refresher.

**Flow:** This is an all-level vinyasa practice where poses are explored beyond the basics and at a faster pace. Suitable for all levels. Some classes heated.

**Hot Power Flow:** This is a vigorous vinyasa practice that is kicked up a notch in intensity and pace. Be prepared to sweat and be challenged. Appropriate for experienced/ambitious beginners

**Slow Flow:** A slower-paced flow class to help you focus your practice on core strength, muscle flexibility, breath techniques & meditation. Appropriate for all levels.

#### Hatha Yoga Practices

Hatha yoga is a slow paced practice without a flow between postures. These classes can be basic or challenging depending on the specific style.

**Forrest Yoga:** Uses intense pose sequences to develop skills in awakening each of the senses. You will sweat, gain strength, release tension, and breathe much easier. You can expect pranayama, intense standing poses, backbends, core strengthening work and deep stretching. Appropriate for all levels, including ambitious beginners.

**Gentle Hatha:** Integrates breath with slow yoga movements to stretch the body, release tension and bring a greater mind body connection. This class uses props and is appropriate for those with limitations and injury recovery. Appropriate for beginner and advanced students looking for a deep stretch & less intense practice.

**Hot Yoga:** This is a heated yoga class that is composed of breathing exercises and a series of postures that will challenge and increase your flexibility and strength. This class includes a standing series followed by a floor series to work the entire body. Suitable for all levels.

**Restore and Renew:** This is a passive practice geared toward stress relief and relaxation. The yoga poses are well supported with props and held for several minutes leaving you well rested. Poses are healing and therapeutic for all levels including those in injury recovery, post-partum moms, and those needing stress relief.

**Yin Yoga:** This is a therapeutic practice targeted at releasing connective tissue and joint spaces by settling into poses with long holds (3-5 minutes). This class will mostly be on the floor working hips, low back and thighs with an emphasis on the body breath connection to cultivate a meditative state. While slow, this class is not gentle.

#### Other Practices

**Yoga for Athletes:** Designed with athletes in mind, this class is ideal for anyone looking for a challenging flow incorporated with core strengthening, deep stretching, strength and mobility work.

**Fitness Yoga Fusion:** This class is a fusion of fitness and yoga incorporating traditional conditioning, core work, and classical yoga poses. This full body workout will increase your heart rate, build strength and stamina, increase flexibility, and decrease stress.

**Kid's Yoga:** A class just for our littlest yogis, it combines yoga with creative movement. This class will build body awareness, coordination and improve self-confidence all in the service of FUN. The Fusion class includes dance. Ages 6-12.

**Tween/Teen Yoga:** Designed specifically for your maturing teen to develop a better understanding and awareness of their body, breath, and state of mind. A typical class will include meditation/breathing, asanas, and mindfulness discussion and techniques. Ages 10-17.

NOTE: Classes subject to change. Please see our website for the most current schedule.