

Class Descriptions



Slow Flow and Restore: This class will flow slowly through sun salutations and postures designed to build internal heat slowly and gently. Meditation and Pranayama (breath work) techniques are taught to promote relaxation. Class concludes with Restorative Yoga postures, which settle the body and mind. Variations will be presented for those wishing to go deeper and, for those who are just beginning to feel comfortable in the practice of yoga, plenty of modifications are offered. Athletes, runners, or those who are looking for a deeper stretch will appreciate as well. No need to be "flexible" the class is open to all levels, and a good place for beginners. (ages 12 and up with an adult) - 60 minutes.

Yoga Flow: Link your breath with fluid movement in this All-Levels Flow Class. Poses in this class are at the pace of the breath to leave the body feeling energized and decompressed. This class will require movement from standing to kneeling, to lying down at a mild pace. More advanced postures are broken down step by step and your teacher will offer modifications and variations to suit you. It is open to All Levels. (ages 12 and up with an adult) 60 minutes.

Gentle Yoga: This is a great class for students looking for a more gentle experience, those who are new to yoga, or those who need a change of pace, yet still have the option to take it to the next level. Using the pace of your breath, Rosemary invites students to listen to their own body and move how they are comfortable. This class is for all levels, including those new to yoga, seniors, mummies-to-be, or anyone who could benefit from slowing down. 60 minutes.

Hatha Yoga: In this class, postures are practiced to align, strengthen and promote flexibility in the body. Breathing techniques and meditation are also integrated. You can expect an emphasis on simplicity, repetition, and ease of movement. Full-body relaxation and balance are the goals, as we make a full circuit of the body's range of motion with standing postures, twists, heart openers, forward folds, and hip openers. This class is appropriate for all levels, even beginners. 60 minutes.

Family Yoga: Our family class incorporates breathing, dancing, partner poses, games, story time and relaxation so that the whole family can enjoy the benefits of yoga. Parents participate with children, appropriate for ages 3 - 12. - 45 minutes. (1 punch per family or \$12 drop-in/family)

Story Yoga: A **FREE** Class offered to families with little ones age birth-6 years. We read a story and play yoga to music. Similar to Family Yoga, just geared toward a younger age.

Chair Yoga: This class is a gentle form of yoga. You will practice yoga sitting in a chair or standing using the chair for support. Complicated maneuvers and complex movements are NOT present in this class. The chair may be used for those who may have difficulty getting down and up off the floor. You will learn many yoga postures, breathing techniques, meditation and ways of relaxation with the aid of a chair. This is the class for EVERY BODY, no matter your shape, age, physical fitness level - this class is for all.