



Class Descriptions

Slow Flow: In this class we take pause. We slow down the flow to the subtle muscle actions in each posture to give them time to work us from the inside out. You will move mindfully while building both strength and balance on the yoga mat. Enjoy slowing down, moving mindfully, and breathing deeply. 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. This class is great for those newer to yoga or athletes/runners who are looking for a deeper stretch at a slower pace. No need to be "flexible" the class is open to all levels. (ages 12 and up with an adult) - 60 minutes.

Mid-Day Stretch: Make the most of your lunch break by joining us for a 45-minute Mid-Day Class. In this yoga practice you will slow down, decompress, increase productivity and improve focus. All poses will be appropriate for beginners with options for those who are more advanced practitioners to deepen the stretch. (ages 12 and up with an adult)

Yoga Flow: Link your breath with fluid movement in this All-Levels Yoga 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. The perfect class to start with for students with injuries or limitations. 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)