

Yoga & Pilates Class Descriptions

Advanced Yoga - Practice more difficult poses & build your stamina. Equivalent to a power yoga class. All ability levels are welcome to attend, but intended for practitioners who are familiar with yoga. You will break a sweat.

Deep Core Pilates - Essential training for all – new exercisers to athlete! Find out how to engage your deepest core muscles and key stabilizers (and how your body moves differently because of it!) This essential mind – body workout helps you strengthen, tone, lengthen your entire body; protect body from injury (sports, life); stabilize, invigorate, and lengthen your spine, improve sports, yoga, Pilates performance; correct improper muscular firing patterns; relieve back, neck, shoulder, body tension.

Little Dancers – 4 week course teaching ballet, jazz & creative movements. ***Extra fee. Please contact the front desk.*

Mid-day Yoga – Lunch time slump got you down? This class is taught with sequences to specifically elevate your energy level & counter the “desk posture” with chest opening, so you can make the most of your afternoon.

Pilates - A basic mat Pilates class, where your body creates the challenge to core stability. Balls & bands may be used to enhance & enrich your experience. All levels welcome.

Restorative Yoga – This class incorporates the use of props such as bolsters, blocks, straps and blankets to support the body in various poses. As well as using deep breathing techniques and meditation, supported postures are held longer to encourage deep relaxation. All levels welcome. Please bring your own bolster & blanket.

AOA Yoga - Learn traditional yoga asana (postures), some breath work, & some meditation. Taught at a slightly slower pace than our other classes, and with more time to experience the effect of each asana that you do.

Tai Chi – A form of meditation which incorporates slow movement characterized by the use of leverage through the joints. It is based on muscular coordination with relaxation & is intended to improve the mind, balance, strength & internal circulation.

Yoga – Designed for beginner to intermediate students. Learn the specifics of each posture. Some Sun Salutations may be taught. You do not need to be flexible to take this class. This can be a great family workout. Even the most experienced practitioner can benefit from this class by reviewing their posture & flow.

Yoga Flow - Build strength & flexibility in this format (intended as intermediate). Plenty of flow, combining breath with movement. A great class for all levels, although it may be helpful to have a basic knowledge of yoga postures before attending.

Breathing and Meditation - Breathing is a healing tool. Reprogram your natural breathing technique to strengthen your respiratory and immune system. Calm the mind and integrate the mental and physical resulting in a natural balance, improve concentration and combat depression. Short meditation after breathing.