

# Class Descriptions

**Hatha Yoga** is a general term meaning the yoga of asanas (postures), breathing practices (pranayama) and relaxation techniques, focusing on precise alignment of postures, emphasizing body awareness and mental clarity.

**Iyengar Yoga** focuses on precise body mechanics and alignment. It involves the use of props to facilitate correct body alignment thereby accommodating individual differences. By tuning in to strengths and weaknesses it allows the body to develop harmoniously and in an anatomically correct way, so that the student suffers no injury or pain when practicing correctly.

**Ashtanga Yoga** is a precise method and series of yoga that involves the synchronization of breath, posture and awareness as taught by Sri K. Pattabhi Jois. It is offered in a workshop format and group practice. Call for details.

**Vinyasa** form of yoga manifests itself through asanas (postures) that flow in carefully balanced sequences allowing the breath to lead the way.

**Dynamic Flow** is about linking the breath while flowing from pose to pose in a smooth, mindful manner. Class is approached as a moving meditation that integrates the foundations of physiology, the creativity of dance, and the mind/body principles of yoga; an eclectic style yoga class fusing the breath with dynamic flow sequences, deep stretches, physical and mental balance, and mindful awareness.

**Anusara** means flowing with grace; it is a powerful hatha yoga system that unifies a Tantric philosophy of Intrinsic Goodness with Universal Principles of Alignment.

**Prenatal Yoga** is a nurturing class designed to strengthen the body's physical, mental, and emotional preparation for labor and birth in a supportive environment with other expecting mothers. Women possess an innate wisdom about pregnancy and birth, and yoga can help you connect to this body wisdom. No prior yoga experience necessary.

**Postnatal Yoga (Mom & Baby)** is designed to support the needs of new mothers. It includes exercises to bring strength back to the core abdominal muscles, postures to increase range of motion, and time to interact with your baby. This class is for moms & babies that have not yet discovered walking. Bring a soft blanket for baby to lie on.

**Thai Yoga Massage** is an ancient form of therapeutic healing with roots in Ayurveda & Yoga. It rhythmically and meditatively blends gentle rocking, compression, acupressure, and assisted yoga stretches to increase range of motion, and deeply relax and revitalize the body and mind. Thai Massage is practiced one on one, on a floor mat with the client fully dressed in comfortable loose clothing.

**Gentle Yoga** directs inner listening to the flow of subtle energy throughout the body. Softly moving body and soul, we will energize ourselves for greater clearing, balancing, and aliveness. A non-strenuous class that will benefit both beginners and continuing students, interested in a meditative expression of their yoga practice. "Embrace yourself exactly as you are; and, find your own Oneness with Creative Source."

**\*Community Karma Yoga Class** is a one hour, mixed level donation based class offered five days a week at noon (\$5 minimum donation). It's an offering of Karma Yoga (selfless-service) to give back to the community and is taught by some of our recent graduates from teacher training. Balance your body, free your mind. All levels. All studio profits from this class go towards supporting our non-profit organization, Karma Krew.

**Yoga Basics** is for individuals who are new to yoga and want to experience greater range of movement, strength and balance in their lives, and also for those that want to expand their current practice with a deeper understanding of the foundational principles of alignment, breath, and relaxation techniques.

**Pranic Flow Yoga** encourages the develop of a healthier relationship with the body/mind connection. Through meditative breath awareness, yoga postures and strengthening movement, we will build tapas (internal purifying heat) and experience greater PRANA, the source of our breath and Life-force that awakens radiant health and transformation, allowing us to embody our Self on all levels.

**Kundalini Yoga** is an invigorating, exhilarating practice. It employs breath of fire, yoga postures and chanting to raise the kundalini energy, said to lie dormant at the base of the spine, through the charkas (energy centers) to the crown, awakening us to our spiritual essence. Akal Dev has been practicing yoga since 1972.