

## 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.

**Vinyasa/Dynamic Flow** form of yoga manifests itself through asanas (postures) that flow in carefully balanced sequences allowing the breath to lead the way. Encourages the development of a healthier relationship with the body/mind connection. Through meditative breath awareness, mindful yoga postures to increase both strength and flexibility, 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 and create space for transformation. Pose variations and modifications are offered for more or less of a challenge.

**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 who have not yet discovered walking. Bring a soft blanket for baby to lie on.

**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."

## Class Descriptions

**\*Community Karma Yoga Class** is a one hour, mixed level donation based class offered five days a week at noon (\$5 suggested 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 who want to expand their current practice with a deeper understanding of the foundational principles of alignment, breath, and relaxation techniques.

**Kundalini Yoga** is an invigorating, exhilarating practice. This class integrates asana with flow sequences, pranayama, mantra meditation and chanting to raise the kundalini energy from the base of the spine through the chakras (energy centers) to the crown, our spiritual essence. Akal Dev has been practicing and teaching yoga since the 70's.

**Nia** draws from disciplines of the martial arts, dance arts and healing arts. It is sensory-based that empowers people of all shapes and sizes by connecting the body, mind, emotions and spirit. Classes are done barefoot to soul-stirring music in more than 45 countries. Step into your own joyful journey with Nia, & positively shape the way you feel, look, think and live.

**Yoga for Athletes** is geared towards less-flexible bodies. This is not super-athletic yoga and does not require amazing strength or endurance. The class will flow but we'll pay attention to alignment and use props to help less flexible bodies move in and out of postures. We'll focus on opening typical problem areas like hips and hamstrings, building core strength, and using your breath to carry you through. Yoga will help you recover faster, avoid injuries, build mental endurance and increase flexibility. If you think "you are not flexible enough for yoga", this is the class for you! Everyone is welcome, regardless of sport, level of fitness, or yoga experience.

**Pilates** is a method of bodywork that was born out of rehabilitation and was inspired by systems such as swimming, boxing, yoga, Zen Buddhism, gymnastics, and tai chi. Joseph Pilates created the method in the 1920's as a rehabilitative program intended to seek balance of mind, body, & spirit. It is an effective method for core strengthening, joint mobility, alignment, flexibility, and body/mind awareness.

**Mixed Level Hatha/Flow** is an exhilarating practice for students of all levels. This class integrates asana and flow sequences with pranayama and kundalini-inspired practices of mantra meditation, chanting, and the energetics of the chakra system. Having taught since the 70's, Akal Dev brings an eclectic approach to her classes, guiding students to experience the ecstatic union of body, mind and spirit.