

South Yoga & Pilates Descriptions

Beginner Yoga ~ Moving from gentle/restorative poses to basic poses for those new to yoga. All poses will be explained.

Buddha Camp – Fusion of yoga, Pilates, gyro-kinesis including tai chi and a stability series.

EBB & Flow – A multi-level Vinyasa flow and meditation.

Flex Appeal- A variety of stretching techniques and methods will be explored to enhance flexibility, improve overall range of motion and lengthen the body overall. Injury prevention personified!

Gentle ~ A wonderful way to become acquainted with yoga & improve the body's awareness, balance, health, strength & flexibility. Ideal for the beginner or those wanting a gentle, more meditative practice.

Hot * ~ A specific sequence of standing & seated postures practiced in a heated room. This class is designed to build stamina, flexibility, strength & balance within the body. The heated room promotes sweating which helps rid the body of toxins & increases flexibility. All levels welcome.

Hot Vinyasa *~ A challenging style of yoga in which each pose is connected with the breath. This class will increase endurance, release tension & help to flush the body of wastes & toxins. All Levels welcome.

Intro to Vinyasa - Learn the fundamentals of movement & breath together to produce a "flow" of postures that lead naturally from one to the next, creating a deep soothing yoga practice. Recognizing each student's individual strengths & limitations, this class encourages proper alignment of the body and gives you the tools you need to take your practice on to more advanced classes.

Mat Pilates ~ A total body workout that emphasizes strength, alignment, & breathing. Working through the body's core, exercises target the abdominal region, hips, & lower back. This class enhances muscular balance & improves posture & body awareness.

MOKSHA ~ "Liberation" in Sanskrit - A non-heated Vinyasa class influenced by Jivamukti and Ashtanga Yoga methods. Incorporating music, movement, and breathe to uplift and energize the body and mind.

Multi-level ~ A multi level yoga class, great for beginners or those who have practiced before.

Pilates App (Apparatus) ~ This class will either include a pilates ring or resistance ball. A challenging class for the avid pilates student. Incorporating an apparatus enables more awareness of core engagement & adds interest to the basic mat class!

Restorative ~ A form of active therapeutic relaxation that uses props & blankets to modify traditional yoga poses. The postures gently open the body to deep relaxation & healing. Ideal for those needing stress reduction, those suffering from chronic pain, illness, injury, or those wanting to relax.

Chandra Pravaha (Moon Flow) ~ A collaboration of vinyasa, breathe-work & restorative postures. A yoga flow that is perfect after a long Monday and will rejuvenate you for the rest of your week.

Shakti Flow ~ Shakti is a Sanskrit word that can be translated into the creative, transformational energy in all of us. This 75 minute practice will bring you through an energetic and powerful vinyasa flow sequence set to a musical backdrop. Be prepared to move through creative transitions connected to the breath. Shakti Flow is not appropriate for the first time yogi. Previous experience in the vinyasa style of yoga is helpful.

Yoga / Hot RockAsana * ~ Get in the groove, and in the flow! A challenging style of yoga in which each pose is connected with the breath. This class will increase endurance, release tension & help to flush the body of wastes & toxins, all in a fun atmosphere.

Yogilates ~ Combines the flexibility & balance of yoga with the core strengthening exercises of Pilates. Sometimes balls, weights, or other apparatus are used for increased strength conditioning & extra flexibility. Come enjoy this class for a perfect mind & body combination.

Yoga Nidra ~ The state of *conscious deep sleep*. In Yoga Nidra, you're awake and the body is in a very relaxed state. Yoga Nidra brings calmness, quietness and clarity. It's one of the deepest of all meditations, leading awareness through many levels of mental process to a state of deep stillness and insight. Yoga Nidra means sleep with a trace of awareness. It is a state of mind between wakefulness and dream. Practicing yoga nidra opens the deeper phases of the mind.

*** Class is heated to 85 degrees or higher. Please bring water & a towel**