

INTRO. TO YOGA

For students new to yoga or wanting to revisit the foundations of alignment, movement awareness, strength, flexibility, and relaxation through basic yoga poses. This class welcomes students with no significant mobility issues. Emphasis on core strength and balance is applied as a solid foundation for the primary yoga poses. Modifications will be offered when appropriate.

GENTLE YOGA I

For students with some limitations in mobility and flexibility or who are healing from surgery or injury. This class will offer support from props at a mindful pace with focus on balance, and stability.

GENTLE YOGA II

Intended for experienced students who wish to work at a gentle level. Focus is on building core strength, mindful stretching, balance, and awareness of safe practice through learned personal adaptations. Yoga poses are progressively developed at a moderate level to students' abilities.

LEVEL I

For students who have taken the introductory class who demonstrate confidence, ability, and readiness for further development of basic yoga poses. Will include introductions to simpler backbends, inversions, arm balances, and more challenging standing poses.

LEVEL I-II

For students who have already attended Level 1 classes, and those who wish to continue at a moderately challenging level. Students should be experienced with backbends, inversions, arm balances, and challenging standing poses.

LEVEL II

For experienced students who have a solid foundation in this modality of yoga. This class will work at a higher level of ability with more advanced yoga poses like backbends, inversions, and balancing standing poses. Students are expected to be attending classes more than 1/wk, and/or have an established home practice.