

Yoga Descriptions

Ann: My type of Yoga could be described as Hatha mixed in with Vinyasa. I like to do many poses in each class but add some flow or vinyasa between poses. My class is for all levels. Modifications can be made for each pose or props used or each pose can be made more challenging for the more skilled student. Although I love and teach many other forms of fitness, I believe Yoga is an integral part in anyone's fitness routine.

Becky H: Props and breathing techniques are emphasized in my Slow Flow Vinyasa Yoga class. Students flow through a series of moderately challenging poses to build strength, increase flexibility, relieve stress and create peace of mind. This class is suitable for all levels.

Becky S: This is a mixed level class, with elements of Vinyasa and Hatha styles. Each move is progressed from a beginner to advanced version through flow, and props (blocks, straps, blankets) are encouraged to accommodate all levels. Advanced moves are offered to students who want a challenge. The class starts with a strong, heat-building flow, and ends with calm stretching and meditation.

Gail: My classes reflect my own desire for good posture, flexibility, strength, grace and peace within. My trainings in pilates, tai chi, barre and yoga all help with developing and maintaining balance, spine alignment, core strength and long, lean muscles. Anyone can do my classes. I want to challenge but never to harm.

Hanna: The class teaching is a science proven method of yoga practice that integrates a body-mind-breath experience, utilizing inclusive, action and process oriented multi-peak formats to promote betterment in healthfulness, yet nurtures to challenge your real potential. The class may include infusion of many yoga styles to allow improvement in alignment, strength, balance, flexibility and endurance, with encouraging positive self-awareness for confidence in practice which may continue beyond the mat time.

Jamie: Flowing yoga- learn to practice steady flowing postures with focus on breath and mindful movements. My class is a relaxing and invigorating class for the body, mind, and soul.

Jeanie: I focus on a style of yoga called: Hatha. This uses the breath and slow controlled movements with a focus on longer holds. My background as an occupational therapist and education in a technique called reflex integration leads me to cue the class to enhance positioning and posture. During the practice longer holds are used to focus on building core, balance, upper and lower body strength. The use of breath, warming up the body, and allowing time for stretching and relaxation are also integrated into the practice as well. This class can be used for beginners to advanced yogis. No experience needed. If the participant is struggling with pain in a certain area of their body that is increased with movement then a one on one session would be more appropriate.

Logan: Vinyasa style class good for beginners and advanced. We do flow work and breathing technique. It is fun for all levels.

Melissa: My class is a mixed level class with options for everyone. Participants choose how easy or how vigorous they want their own practice to be. I teach a combination of flow yoga and alignment yoga, moving from one pose to another with an emphasis on modifications for safety.

Michael: My yoga class is Power Yoga. It is athletic and strength oriented. We progress from working muscles to lengthening them with stretches at the end. Any level can participate.

Rene: Vinyasa or Flow is a dynamic type of Yoga with an emphasis on breath and body movement building heat strength and flexibility. Each pose is held for about three to five breaths, but the focus is on the transition between poses and the body control developed therein. Students are encouraged to take rests and modifications as needed. Be sure to bring water and a towel.

Sheema: My teaching style offers a blend of Ashtanga, Vinyasa and Power style classes using breath and movement combined with sustained postures to strengthen the body and promote endurance. Additionally, my classes work to balance strength with flexibility. Classes are creative, challenging, fun, and carefully crafted for all levels, emphasizing core strength and alignment. I take a personal and individualized approach to teaching while leading students through a series of asanas. The sequence and intensity of the class vary in accordance with students' experience, energy, and aptitude.