

## Nanaquaket Yoga Studio - Class Descriptions

**Align & Flow** a mindful alignment-oriented practice that highlights the forms and actions within yoga postures. Classes gently and safely sequence towards more complex peak poses, and spend time breaking down techniques for honing awareness and skill on and off the mat. This practice draws upon a wide range of postures that build strength, flexibility, and highly-refined awareness in body and mind

**Beginner Yoga Flow** a beginner class designed to build a foundation for a safe, mindful Vinyasa practice. The sequences will focus on finding internal stability to enable you to move through asanas more efficiently and with connection to your breath. This class is appropriate for students who are new to yoga as well as anyone looking to refine their practice.

**Gentle Yoga** includes mindful, slow paced floor poses, seated postures, spinal twisting, standing postures, gentle back bends, and deep breathing. This class features a slow paced integration in the beginning of class and a long savasana at the end of class. Props will be used when needed. This is an ideal class for those new to yoga, as well as the experienced student who enjoys this gentle approach to their practice. No experience is required.

**Gently Restore** this class combines a nourishing gentle hatha practice with the deeply renewing benefits of restorative yoga. Students will improve their joint mobility and loosen tight muscles while reducing pain, stiffness or the effects of stress. Restorative poses during the last half of class are supported with blankets, bolsters and blocks. Students will learn to calm their nervous system to allow the body to rest, heal and restore energy. This class is appropriate for all students needing to slow down and practice the art of deep relaxation.

**Meditation Sangha:** Free, or donation to charity, if so moved. Meditation instruction, guided meditation, mindful, silent sitting.....we welcome drop-in and drop-out, as your time permits. Led by Barbara Gee

**Pilates:** focusing on engaging the mind and the body together. Every exercise is performed with attention to breath, proper form and efficient movement patterns. Pilates strengthens the core, improves balance, increases coordination, decreases stress and creates long, lean muscles.

**Slow Flow & Meditation** is a flowing sequence of mindful movements, in which the asanas (poses) and prana (energy/breath) are inter-connected. Some poses may be held for several breath cycles to refine and strengthen the posture of the body, mind and spirit. Classical yoga poses are taught, along with variations and a few "twists". In each class, we will practice being present, strengthen and stretch the muscles of the skeletal, respiratory and cardiovascular systems and cultivate the strength, flexibility and resilience of the mind, body and spirit. Class will close with a relaxing guided meditation to seal in the practice and all of its wondrous benefits.

**Vinyasa - Level 1 Yoga** is a class designed to teach you the basics of yoga. Learn proper alignment and breathing in standard yoga poses, as well as the opportunity to try something new with guidance and step by step instructions. Props will be used when needed. This is an ideal class for those new to yoga, as well as the experienced student who want to be refreshed on the basics. No experience is required.

**Vinyasa - Level 2 Yoga** includes medium paced floor and seated postures, standing postures, back bends, and spinal twists, and breathing techniques. More advanced poses will be offered on occasion. Sun Salutations A & B may be included in this practice. Props will be used as needed and alignment will be discussed.

**Vitality Yoga Level 2 - Heated** an empowering yoga class that skillfully alternates powerful flow with restful, restorative poses to help the body renew, restore and revitalize. We will bring awareness to our breath and alignment to enhance the effects of the postures. The class ends with a guided relaxation and a brief, seated meditation. Suitable for all levels room will be heated.

**Yoga for the Tight Body** gentle yoga includes mindful, slow paced no flow postures which focus on stretching, expansion, lengthening, and breath work. Suitable for all ages and levels of yoga practitioners. No experience needed.