




All Life is Yoga

MON	TUE	WED	THU	FRI	SAT
6:00-7:00am Active Yoga	6:00-7:00am Circuit Class	alllifeisyoga.typepad.com 229-3384		6:00-7:00am Active Yoga	
9:30-10:45am Active Yoga	9:30-10:45am Hot Yoga	9:30-10:45am Active Yoga	9:30-10:30am Circuit Class	9:30-10:45am Active Yoga	9:00-10:15am Hot Yoga
11:00-12:00 Circuit Class	11:00-12:00 Yoga	11:00-12:15 Hot Yoga	10:40-12:00 Restorative Yoga	11:00-12:15 Hot Yoga	10:30-11:45am Yoga
	6:15-7:45pm Hot Yoga	6:30-7:45pm Active Yoga		4:15-5:00pm Kid's Yoga	


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Active Yoga is a Vinyasa (flowing) style of yoga proven to improve strength, cardiovascular health, breathing, and flexibility. Core work is done in each class using the muscles for power from the center of your body outward. This class is a mixed levels class.

Monday Active is an active Vinyasa style of yoga class. All levels are welcome; this is a perfect way to start your week.

Wednesday Active is designed with your legs in mind, so we focus on our lower body a little more. This practice is for everyone at any level.

Friday Active is all about active arms, which is a flowing style of yoga class (Vinyasa yoga). Hand held weights are always an option, come even if you don't have any.

Kid's Yoga is a great way for any child to find the mind/body connection. We also teach them proper breathing, alignment and, of course, fun yoga poses. This class is designed to inspire kids to learn great tools to take with them into adulthood.

Achieving a sound mind and body is essential for our daily lives
I believe these classes are designed to give you the tools to help you on your journey

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Hot Yoga is the practice of yoga postures in a room that is heated 90-105 degrees. We will do a mix of two very popular styles of Hatha yoga: Vinyasa yoga, a flowing series of postures, and Bikram Method yoga, a set series of static asanas (poses). Be prepared to sweat and detoxify your bodies and minds. It does take a couple of classes to see how it feels, and please be patient with yourself. Please tell me or your instructor if this is your first Hot Yoga class or if it has been a while. If your expecting in your 1st trimester heat is not recommended.

Restorative/Prenatal Yoga is a practice in which we focus on breathing, longer holds, and deep centering. We use props in class, always bring a blanket, block and strap to class (I have extra straps and blocks at the studio). All levels welcomed; you will be given options in poses so that you feel challenged, yet successful.

Circuit Class is designed for all men and women wanting to increase strength, by waking up their muscles with 1 minute intervals focusing on all of the major and minor body parts. This is a go-at-your-own-pace class and good for any fitness level

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