

VINYASA, AND FLOW CLASSES (HEATED AND WARM TEMPERATURE)

Hot Vinyasa Flow: Hot 95 degrees

This challenging series of postures is designed for the whole body. This slow flow class balances strength, flexibility, focus and alignment. Focusing on breath and core strength. Postures are taught in a way that makes this class great for all levels from beginners to advanced.

YM Power Flow: Hot 95 degrees

Power hour emphasizes the sequential movement between postures, coordinated with and guided by deliberate breath. The Vinyasa practice becomes a moving meditation that creates strength, freedom and fluidity in the body and mind. All levels are welcome to join this vigorous, one-hour, heated practice.

YM Warm Flow: Warm 78-80 degrees

This class is designed for all levels of yoga students. Focus on building heat from within. Balancing strength and flexibility; cardio and resistance. Postures are taught in a way that makes this class great for all levels from beginners to advanced.

YM Core Sequence: Warm 78-80 degrees

This class emphasizes the stabilizing muscles that support the spine and improve strength and balance in our yoga practice. This sequence is designed to help you get in touch with your core and to help you to activate a felt sense of physical and emotional strength, adaptability, and integration. Our core is defined as "the muscles that stabilize the spine, and the muscles that move the spine." This class will emphasize fluidity and movement in places that feel tense, stiff, and stuck.

VINYASA AND FLOW CLASSES (UN-HEATED)

YM Beginner - All Levels Flow

A class for beginners, even if you're not! You could be brand new to yoga or you haven't made it to your yoga mat for ages and want to begin again. These classes will be all about the basics - a great way to kick off your yoga practice. Yoga is for EVERY BODY - so join us and get to know what all the yoga buzz is about! Feel better, move better, be better than ever! These classes will be based on the class offerings here at Yoga Moves but designed for starter yogis. This class encourages the use of props such as blocks, straps, blankets, or pillows.

YM Not Hot Flow

In this class we'll focus on building heat from within. Similar to Yoga Moves - Hot without the hot room. Balancing strength and flexibility; cardio and resistance. Postures are taught in a way that makes this class great for all levels from beginners to advanced.

YM Strong

This 60-minute class blends a yoga flow sequence with light weights to complement and enhance the strength and conditioning of your traditional yoga flow. We will add in light, low impact cardio to get your heart rate up and give you a full-body workout. This class will make you strong in mind, body, and spirit. We encourage you to use, 2, 3, or 5 lb. weights, straps or an object that you have to add weight and resistance to your practice.

YM Full Body Flow

Stretch and strengthen as we flow through a full body yoga class. Ideal for all who want to improve the overall body and mind experience.

Cultivate breath and movement, while building stamina, flexibility, and strength. You will leave class feeling centered and calmer. Occasionally we include readings and inspirational quotes and mantras.

All levels of experience are welcome. Options will be provided for modifications up and down.

If you are looking for a satisfying and challenging **intermediate style class** that addresses the whole body, give this one a try.

YIN CLASSES (UN-HEATED)

YM Yin/Yang

We will begin class with our YM Yin practice followed up with some YM Flow yoga. This a wonderfully balanced class! Particularly great for those who are extra stiff, new to yoga, or are looking for a more balanced practice from the Flow Styles. This class encourages the use of props such as blocks, straps, blankets, or pillows.

Yin & Yoga Nidra

A deep and healing practice just right for a Thursday night! The class will begin with yin yoga, a deep stretching style of yoga to improve flexibility and overall health and well-being. The class then concludes with restorative yoga, for a deep relaxation to reset your nervous system and leave you feeling blissful. This class encourages the use of props such as blocks, straps, blankets, or pillows.

YM Yin Yoga

This class is for EVERYONE! Cool and hot yogis alike! Yin Yoga is a complementary yoga practice to the more dynamic and invigorating yoga styles. In Yin Yoga, floor postures are held passively for several minutes to gently open hips, spine, and shoulders. This class encourages the use of props such as blocks, straps, blankets, or pillows.

SLOW FLOW & RESTORATIVE CLASSES (UN-HEATED)

Sunday Slowdown

A series of postures designed for the whole body and all levels of experience. This slow flow class balances strength, flexibility, focus and alignment. Class will end with a series of postures to restore your body to a deep sense of relaxation. This class encourages the use of props such as blocks, straps, blankets, or pillows.

YM Meridian Flow

Meridian Flow is breath-based movement that emphasizes stretching as a continuous graceful flow. This method of engaging our body's fascial network assists in opening up the energy meridians of the body, stimulating energy flow. It helps to improve flexibility of the body and release stress. The students will also naturally press the most potent acupressure points located along the meridians in a set of postures, or motions. Combined with deep breathing, these practices will improve students' health and well-being.

Qigong

Our class focuses on core qigong practices that awaken and empower our capacity for wisdom, love, vitality, and harmony. Together they help us experience greater happiness and well-being.

The exercises combine movement, breath work, and guided imagery (meditation) in a fun way for people of all ages and physical abilities. The qigong exercises taught cover the core practices of Robert Peng teachings from legendary monk, Xiao Yao. We also bring Dr. Yang's Evidence-Based Qigong into the class. These time-tested practices are easy to learn while being highly effective and powerful.

YM Gentle Yoga Sequence

Gentle yoga is far less strenuous than other forms. This class is designed with compassion, kindness, and community in mind. Gentle Yoga is great for all levels! Especially seniors, women who are pregnant, practitioners who are recovering from injury, those who have not been active for a while, or even those who are simply looking for a more relaxed, supportive, fun class. Gentle Yoga is a great complementary practice to more dynamic movements we ask of ourselves throughout the day or week.