

## Mind & Body



**Body Balance** is a new generation Yoga class that will improve your mind, body and life. You can expect to bend and stretch through a series of simple yoga moves, elements of Tai Chi and Pilates while an inspiring soundtrack plays in the background.



**Hatha Yoga** is a gentle, basic flow class focusing on stretching, breathing exercises and relaxation techniques. A great class if you are new to Yoga.



**Pilates** classes are a full body workout that create long, lean muscles. Pilates Mat is performed on a mat on the floor and achieves results by using gravity and your body's own resistance — and sometimes small props, such as foam rollers, the magic circle or ring, balls or weights.



**Pilates Flow** is the Pilates method of exercises uses the concept of learning a sequence of exercises and then tying those exercises together in a way that makes it seem like you are constantly moving or flowing.



**Power Yoga** is a fast-paced style of Yoga that's focused on building strength and endurance. It is also an excellent form of Yoga for burning calories.



**Restorative Yoga** is a restful practice that will help you elicit the relaxation response, using simple prop setups that will help encourage deep mind-body release and healing. Yogis of all levels will benefit from a rejuvenating restorative Yoga class. It's one of the best ways to counter a fast-paced, stressed out life off the mat.



**Vinyasa Yoga** is a creative variation based on the principles of Ashtanga. Vinyasa means flow and unites breathing and postures. It can provide some aerobic components while improving strength, balance and coordination. Yoga experience recommended.



**Yoga & Stretch** is a dynamic, static stretching class which will energize your body, improve flexibility, strength and overall health.



**Stretch Flow Yoga** emphasizes on body alignment and self-acceptance. The class aims at deepening the connection between mind, body, and soul, leaving you open, refreshed, and ready to embrace your day. Regardless of your yoga journey, this class invites you to cultivate personal growth and carry the awakened energy forward. All levels are welcome.