

*** Beginning/L1**

A great intro class or beginners exploring the foundations of Yoga as well as moving onto level 1.

*** Yoga for Stress Relief.**

Breath work, Gentle stretches, Partner work and Visualization Techniques. Treat yourself to this hour long retreat, reduce blood pressure and calm your mind. All levels welcome (\$10 Drop in fee)

*** Yin Stretch/ Slow Deep Stretch.**

Stretches that open the tight resistant places in your body. All levels welcome, though some yoga experience is helpful.

*** Yoga Workout**

A workout for your core muscles. Includes exercises for abs, upper & lower back, chest and arms as well as aerobic benefit from the power muscles of the lower body. All levels welcome no yoga experience necessary.

*** Choga, Chair Yoga**

Yoga with a chair, great for Pre and post natal as well as a fun way to experience Yoga poses.

Yoga Classics L1

For Beginners ready for a little more challenge. Classic Yoga Poses with variations.

Yoga Challenge 2&3.

Yoga Vinyassa classes with flowing movement. Build heat and get a workout... Can you accept the Yoga Challenge!

Caliente Yoga HOT YOGA

A Hot room and a more athletic style of Yoga. Not a beginners class. Yoga Vinyassa. Bring your own Mat and towel to this class you will sweat!

*** Yoga Therapeutics** A specially designed class for people recovering from injury or with limited range of motion. Great for post surgery, MS, Fibro. These Classes are sold in 10 class packages for \$50 (these classes only)

*** A.I.M. Awareness, Integration & Movement**

Improve your body awareness with this class. Move into postures with greater ease. Somatic movement that gets you out of your yoga Habits. Great for beginners and anyone enjoying a deeper understanding of posture.

Ball Classes L1 & L1&2

Using the stability ball, balance and awaken your core. A total body workout, fun yet challenging.

*** Qi gong/Chi Kung**

Life Energy Cultivation, aligning breath, awareness, movement and healing, with roots in Chinese medicine. Fluid movement, develop a calm restful state.

*** All About Balance.** How to gain and keep your balance, avoiding falls taught by an occupational therapist and yoga teacher. (Therapeutics class)

Class Descriptions

Yoga & AIM Studios

Just Beginning?

choose any class with *

Yoga Nook 

