



## **Yoga Stretch**

Yoga Stretch is a low impact class that consists of gentle warm ups, breathwork, deep stretching and relaxation, all designed around traditional Hatha Yoga poses, including Vinyasa and Kundalini Yoga. This practice helps relieve feelings of restlessness and anxiety from the body, as well as many forms of body pain. My Yoga Stretch practice strengthens mind body connection, which improves overall structural alignment in the body, and health in general. Through a commitment to this practice, we heighten our sensitivity to our bodies and the way we relate to them, enhancing the way we feel in our bodies on a day to day. Our bodies are the home for our spirit, let's take care of them, our loved ones will thank us.

### **Class Times:**

Monday, Wednesday, Friday @ 12:00 pm Pacific

Tuesday, Thursday @ 10:00 am

## **Restorative Yoga**

Restorative Yoga uses many props such as pillows and blankets to assist in full body poses that require deep relaxation and stillness. We hold poses for 7-10 minutes, giving the body the space and time to fully integrate the physical benefits of the pose. The magic happens when the muscles and tissues are fully relaxed. In this class we focus on eradicating the body of tension to create space for naturally occurring healing energy to be properly distributed throughout the whole body. In this class not only do we create an hour long euphoric healing space, but we also teach our bodies healthy habits of releasing stress, in turn lengthening our lives and helping us all around feel better and lighter in our bodies.

### **Class Times:**

Mon/Wed/Fri @ 6 pm

Tues/Thurs @ 5:30 pm