

THE YOGA LOFT – CLASS DESCRIPTIONS

NEW TO YOGA

Always wanted to try yoga, but a little unsure about what to expect? I understand how intimidating being new to yoga can feel, and this class is designed specifically with you in mind. You will learn the fundamentals of gentle yoga poses in a non-judgmental, safe space. Don't worry, this is a down-to-earth yoga studio where all are welcome.

This class is suitable for a beginner who is brand new to yoga, or someone with limited yoga experience.

GENTLE YOGA

Gentle yoga is a slower, more passive yoga practice. Each class begins with breathing exercises to bring awareness to the body and calm the mind. Restorative or yin poses are then held for longer periods of time to allow the body to fully and deeply relax. The aim is to reduce stress and calm the nervous system while accessing the deeper connective tissues (tendons, ligaments and fascia), increasing circulation and improving mobility in the joints. Supporting the postures with our yoga blocks, straps, chairs and bolsters is encouraged to deepen your sense of relaxation and surrender.

Gentle yoga is perfect for those looking for a restorative or yin-based class. This practice is an ideal complement to any athletic training program, injury management, or existing yoga practice.

FLOW YOGA

A flow yoga class synchronizes movement with the breath, so that yoga poses flow smoothly and fluidly together. Attention to proper alignment promotes increased body awareness, core strength and postural stability. In flow class, we gradually layer on poses to progressively build strength, flexibility, balance and greater clarity of mind.

Flow yoga is a slow to moderate paced flowing yoga class which offers many options from the novice to the more seasoned yoga practitioner.

POWER YOGA

Power Yoga is a high-energy flow class with a strong focus on alignment and the breath. You will be skillfully guided through a variety of yoga postures designed to strengthen & elongate your muscles, engage the core, and focus the mind. Each class is unique and will sequentially & intelligently build to more challenging postures, should you so desire. At The Yoga Loft, you are always encouraged to listen to your body and move at your own pace!

Though Power Yoga is a more challenging form of yoga, it really is accessible to most active people! Modifications are always offered, inspiring students to work within their own edge. This class will leave you feeling rejuvenated, strong, and empowered, cultivating a sense of inner strength and peace.

YOGA+TRX

This class will help you find greater balance and symmetry in your body. This is an energetic flow yoga class incorporating creative techniques and tools (such as TRX, stability balls and rollers) designed to help you develop overall strength and harmony in your body. This is a whole body core workout that will have you sweating!

GIRLS YOGA – a class designed for young ladies aged 12-15. We will practice yoga poses, breathing and meditation with a focus on healthy body awareness and good alignment in the body.

