



MOVE
BREATHE
NOURISH
FEEL



CLASSES

Class Descriptions & Times

Yoga

Vinyasa Flow Yoga- Mixed Levels

Tuesdays & Thursdays 6 am - 7 am

Mondays & Wednesdays 8:30 pm - 9:30 pm

Vinyasa Flow, likened to a dynamic dance, is a practice where postures or asanas are connected through the breath for a transformative and balancing effect. Classes build heat, endurance, flexibility, and strength. The creative sequencing found in a vinyasa class is often built around surya namaskar (sun salutations). Vinyasa (also called “Power Yoga”) as a form is always evolving and teachers weave together wisdom teachings, poetry and music that can inspire physical, energetic, mental, intuitive, and pure bliss states of consciousness.

Harmony Restorative Yoga- All Levels

Saturdays at 9 am

Soothe your soul in this restorative class! Restorative yoga blends meditations and bliss producing restorative poses, typically done on the floor with lots of supportive props coupled with soothing music & aromatherapy to help the body release. Restorative poses are an important part of any long-term yoga practice: they recharge our energy reserves, heal the effects of stress, and bring our nervous systems into a more balanced state. This class will leave you feeling relaxed, refreshed and renewed.

Senior Yoga- All Levels

Tuesdays & Thursdays 10 am - 11 am

This provides adults, 55 and up, the benefits of vinyasa flow and restorative yoga by becoming active in their community while improving strength, balance, flexibility, and overall mobility. Practitioners will find better ease in everyday movements recapturing the vitality of youth.



CLASSES How to Purchase

Session Pass

Fall Session- October to December
Winter Session- January to March
Spring Session- April to June
Summer Session- July to September

The cost per session is \$60. Choose any 2 classes per week. Drop-in is \$5 per class. Add the Saturday class for an extra \$5 per month.

Monthly Pass

The cost per month is \$25. Choose any 2 classes per week. Drop-in is \$5 per class. Add the Saturday class for an extra \$5 per month.

Senior Class

The cost per month is \$10. Choose any 2 classes per week. Drop-in is \$2 per class. Add the Saturday class for an extra \$5 per month.

Saturday Class

The cost per month is \$15. Drop-in is \$5 per class.



CLASSES

Teachers

Val Littleton

Val is a 200 hour registered yoga teacher with Yoga Alliance. She has been teaching in the fitness industry for 25 years and teaching yoga for 10 years. Val is passionate about helping others throughout the world and often travels to volunteer her time with humanitarian missions to the pacific islands and Nepal.

Adabelle Carson

Adabelle is a 200 hour registered yoga teacher with Yoga Alliance. She has been teaching yoga for 6 years. Adabelle loves to integrate other healing modalities in her yoga classes. Specifically, aromatherapy with dōTERRA CPTG essential oils and Ayurveda, the traditional Hindu system of medicine.