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YOGA STUDIO

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Intro Offer

\$50 for One Month of Unlimited
Yoga

SIGN UP NOW



We believe we are here to enjoy life and that a balanced mind & body can help us to attain the highest level of well-being.

Our intimate class options and mission-driven philosophy provide a unique approach to wellness. Our services include **group classes** for every level, one-on-one consults to give you a full starting point into the 8-limbs of

to give you a full starting point into the 6-arms of yoga, and corporate specialties. We are here to serve and preserve our innovative and health conscious community, helping you to facilitate a mind-body connection so you may access a state of balance between effort and ease!



CLASSES



SCHEDULE



MEMBERSHIPS



MEMBERSHIPS

SCHEDULE

CLASSES



Yoga

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Mats are available for
travelers

LOCATIO

Founders & CU
Graduates Alia ('10) &
John ('85)

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Yoga

SCHEDULE

CLASS DESCRIPTIONS

MEMBERSHIP &
PRICING

TEACHERS

PERSONAL
INSTRUCTION

NEW TO YOGA?

CORPORATE
WELLNESS

WORKSHOPS

YOGA TEACHER
TRAINING

PHOTO GALLERY

Amana Flow

A fluid class with an emphasis in creating heat in the body with breath that builds into a breath-to-movement dance. Typically a little quicker moving, postures are synchronized to build to an advanced posture, with a sweet cool down. Level 1 and Level 2 classes available

Amana Yin-Vin Fusion

Yin-Vin provides the benefits of a balanced practice with this combo of Yin and Vinyasa yoga. This class will begin with Yin postures, focusing on deep and juicy postures and passive holds designed to open the body, creating more flexibility and a quiet mind. The second part of class will transition to a more active and dynamic Vinyasa practice to energize and strengthen the body, leaving the practitioner balanced and refreshed for the day. All levels welcome!

Perfect for the days where you have just the right amount of energy that you would like to sustain.

Yin

The Yin practice offers you the opportunity to balance the active and external yang energy with the passive and internal yin energy. You will be guided through a series of floor-based poses (held 3-5 minutes) which targets the deeper connective tissue, including ligaments, joints and fascia. Using the support of props, active relaxation of muscles is encouraged, as you find your way into a gentle meditation. Perfect for the day that you want to sustain awesome energy or need to relax your busy mind! All levels welcomed.

Hatha Flow

Hatha yoga is a system of health that includes three distinct yet coexisting practices. Asanas (postures) are meant to bring comfort to the body and restore it to its innate healing capabilities. Pranayam (breath/energy manipulation), to tone the nervous

manipulation), to tone the nervous system and open stuck nadis (energy channels). Dhyana (meditation), to bring clarity and a sense of peace to the mind. The resulting effect is a deep understanding of how the body, mind, and spirit are all connected, as well as a deeper understanding of how we are ALL connected. Beginner suggestions are offered so all are welcome!

A nice counterpoint to our busy lives Restorative yoga or "conscious relaxation" is a practice which allows your mind and body a chance to rest, reset and recharge. The poses require little to no effort while many are supported by props, first stimulating the body then restoring your entire being back to a more balanced functioning state. Meditation woven into the practice challenges the mind to let go, furthering a state of rest and relaxation.

Restorative

Myofascial Release

Body Rolling as myofascial release is a therapeutic technique that uses body work tools to address myofascial discomfort, adhesion, contractual trigger knots, and myofascial trigger points. This class will help develop a deeper relationship with ones body, teaching how to maintain mobility and health.

Roll + Restore

A fusion of some of our favorite styles of Yoga: Myofascial Release and Restorative Yoga!

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Sunday Soul Flow

A sacred container is created for this intermediate level Vinyasa flow class by interweaving meditation, prayer, music, reflection and asana into an invigorating, uplifting, and heart opening practice. Start your Sunday off right by balancing your body and mind, and igniting your inner light.



Yoga

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[om](#)

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