



THE OWLS NEST YOGA STUDIO CLASS DESCRIPTIONS

Gentle Yoga 1 hour

60 min. Light Vinyasa Yoga Class | Low Intensity | Low Impact

This class is available to all fitness levels. Modifications will be given for varying skill levels.

A slow-paced practice combining gentle yoga poses, breath work and strengthening & stretching the entire body through flowing sequences and held postures. This class is an invitation to relax, unwind and de-stress while learning/refining the fundamentals of yoga. With a focus on action, alignment and breath, this practice features a nice tempo to find what feels good and listen to the body. This sequence is easy on the wrists and great for the spine. A good practice for those new to yoga – also great for fast paced yogis who want to keep a healthy and well balanced yoga practice.

This is the perfect opportunity to practice self care, self love and take some time for you. Each pose will bring plenty of time to correct alignment, get deeper, build strength and breathe calmly. In this class, we will connect you to breath and body and let go of stresses, worries and burdens.

Open to all experience levels, although classes do entail getting up and down from the floor.

Yoga 1 (and Tuesday evening Align)

60 min. Slow Flow Vinyasa Class | Medium Intensity | Low Impact

This class is available to all fitness levels. Modifications will be given for varying skill levels.

Yoga 1 is a slow flow vinyasa class that will open up your body and draw you innerward by holding poses and gliding through vinyasa. When we slow down, we relax the nervous system, we focus on our breath and we become stronger mentally and physically. This is a relaxing, therapeutic class designed to bring balance to the body and the mind by exploring what each pose has to offer you.

Expect to move with your breath and focus your attention; this well balanced flow class will get you out of your head and into your body and your breath. This class is great for beginners, as well as seasoned practitioners.

Yoga 2 (and Tuesday evening Align)



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60 min. Vinyasa Yoga Class | Medium Intensity | Medium Impact

This class is available to all fitness levels. Modifications will be given for varying skill levels.

Pick up the pace in this more challenging yet still technically precise vinyasa yoga practice. Continue to increase your strength, flexibility and understanding of the vinyasa framework in this class. This practice will deepen the connection between the fluid movements, each breath you take and an increasing peace of mind in your life. It will create a place you can go to feel comfortable and to feel a personal connection with your body, mind, soul & strength.

This vinyasa flow is where students get to explore different transitions, stronger poses and deeper stretches. In every practice, we focus on a theme, body part or peak pose. Yoga 2 is suitable for yogis who have been doing vinyasa classes for some time or those who like to be challenged, however modifications and alternatives will always be available.

Yoga 3

60 min. Vinyasa Yoga Class | Medium to High Intensity | High Impact

Prior yoga recommended, however modifications and alternatives will be given for varying skill levels.

During this powerful vinyasa flow class, you will breathe, focus, move, stretch and balance. Yoga 3 is a vigorous, heat building practice that allows you to move with your breath while building strength and working on your core. This powerful class will take your vinyasa practice to the next level. You'll move through challenging transitions and experience the satisfaction of advanced sequencing by linking breath to movement. Students will improve both their physical and mental strength and endurance in yoga 3.

Come here to challenge yourself and deepen your practice in this intermediate to advanced class. We'll emphasize on fine-tuning alignment in asana and the exploration of more subtle and advanced levels of practice, including pranayama. This class can include inversions such as headstand, shoulder stand, arm balances and backbends.

Yin Yoga

60 min. Yin Yoga Class | Low Intensity | Low Impact

This class is suitable and encouraged for all fitness levels. Modifications and advancements will be given for varying skill levels.



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Props (blankets, blocks, straps, bolsters) are used and full instructions on how to use them will be given. Provided upon arrival.

Yin yoga is a quiet, passive practice where you will hold stretches for several minutes and allow gravity to help create more flexibility and mobility in your body.. Using mindful muscle relaxation, yin postures target the connective tissue nourishing joints, ligaments, and fascia promoting the healthy circulation and balance in the body. The Yin practice is a wonderful compliment to more vigorous yoga practices or activities such as running, cycling, hiking and for demanding lifestyles. In this floor-based practice, you will find more mobility and flexibility in your joints by holding poses and safely stretching the deep connective tissue. This practice is perfect for anyone who wants to bring more freedom and flexibility to their hips, pelvis, hamstrings and spine.

Yin yoga moves beyond the muscles, targeting ligaments, joints, bones, and the deep fascia networks of the body – where we tend to hold resistance. This practice encourages you to challenge your edge while also allowing for deep relaxation. It is a wonderful complement to any lifestyle.

To be healthy, we need healthy organs as well as healthy muscles, joints and bones. Yin yoga also offers wonderful emotional and mental health benefits.

Chair Yoga

60 min. Chair Yoga Class | Low-Medium-High Intensity | Low Impact

All levels are welcome to this class. No Yoga experience needed.

This chair-based yoga class will offer the benefits of our other yoga classes but uses a chair as a prop for support, balance, or advancing the pose. Chair yoga is practiced either sitting or using chairs for support in various postures and is designed to mindfully increase range of motion while meeting students where they are. This class will incorporate an exploration of alignment, strength, balance, flexibility, breath, and relaxation. This is a mixed level class with options to safely advance the intensity of each pose.

Chair Yoga is an adapted form of yoga that makes yoga accessible to everyone. The chair replaces the yoga mat and becomes an extension of the body allowing the student to take full advantage of the benefits of each pose. This allows students to modify based on mobility, health, and current ability level.



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Chair yoga is especially suitable for older adults, people with balance or coordination issues, those with disabilities, those working with injuries, inflexibility, movement disorders, Parkinson's, MS, and all others looking for extra support in a yoga class. Chair yoga helps increase flexibility, lung capacity, circulation and strength, improves balance, and relieves stress. Come find your center and get grounded in body and mind in this class.

Vin to Yin Hybrid Class

60 min. Vinyasa + Yin Yoga Class | Medium-Low Intensity | Medium-Low Impact

This class is available to all fitness levels. Modifications will be given for varying skill levels.

A powerful combination for total health and rejuvenation. This practice combines the best of vinyasa and yin yoga. We will begin with a refreshing yoga flow which will emphasize synchronizing breath and movement and heating the body. Then we'll slow things down targeting the connective tissue of the hips, shoulders and spine. This combined practice will help build strength and stamina, as well as flexibility.

This class provides a gentle balance to a busy day and an opportunity for mindfully deepening your practice. You'll leave with a sense of harmony, lightness and ease that you can carry with you through the rest of your day.

Pilates

60 min. Pilates Class | Medium-High Intensity | Low impact

This class is available to all fitness levels. Modifications will be given for varying skill levels.

Whether you are interested in getting in shape, losing weight, addressing issues of pain or fatigue, this class can meet your needs. All classes address proper alignment, timing, technique and coordination. This class will help develop a strong inner core while helping sculpt long, lean muscles. With focus on the pilates principles and the classic mat sequence, this class is perfect for the new or established pilates student. Using various props and contemporary movements, each class will work to balance all muscle groups' strength and flexibility, with an emphasis on challenging the core muscles with each movement by improving stability and increasing muscle recruitment.

Pilates is a challenging yet safe method to sculpt your body, feel increased agility and inform & improve all other movements in your life such as simple daily activities (e.g. driving, sitting, walking), sports and other fitness endeavors.



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You'll leave this class feeling leaner and stronger. This class is available to all fitness levels. Modifications will be given for varying skill levels.