

Mon	Tues	Wed	Thurs	Fri	Sat	Sun
6:30- 7:30 Flow Miria		6:30- 7:30 Flow Miria				
9:30 - 10:45 Slow Flow Miria	9:30 - 10:45 Flow Nancy	10:00 - 10:50 Slow Flow (50 min) Miria	9:30 - 10:45 Slow Flow Nancy	10:00 - 11:15 Flow Naomi	10:00 - 11:15 Flow Diana	9:30 - 10:45 Slow Flow Miria
	12:30 - 1:45 Slow Flow Nancy	12:30 - 1:45 Flow Nancy	12:30 - 1:45 Slow Flow Diana		12:00 - 1:15 Yoga/Pilates Heidi	11:00-12:15 Karma Class Sarah
				4:00 - 5:15 Joint Care Nancy	4:00 - 5:15 Yoga Basics Nancy	
5:30 - 6:45 French Flow Laura	5:30 - 6:45 Flow Nancy	5:30 - 6:45 Back Care Nancy	6:00 - 7:15 Slow Flow Miria	6:00 - 7:15 Slow Flow Heidi		
7:00- 8:15 Yoga/Pilates Heidi	7:00- 8:15 Slow Flow Laura	7:00- 8:15 Slow Flow Nancy	7:30- 8:45 Relax Nancy			7:30 - 8:45 Relax Miria

Flow

Flow links yoga postures (asanas) into a sequence of movements that "flow" with the breath. Expect creative variations of Sun Salutations and standing poses followed by juicy hamstring stretches, hip openers and a long savasana. Suitable for students with previous yoga experience and not recommended for students with injuries or illness.

Slow Flow

Slow Flow focuses on the classical postures (asanas), breathing (pranayama), postural awareness and alignment. Each class is tailored to the needs of individual students. You will leave this class feeling relaxed and renewed. This class is suitable for all levels and particularly well-suited to beginners, those with injuries or students wanting a gentle movement practice.

Relax

Relax classes focus on unwinding tensions and releasing stress from mind and body. If you feel tired, over-worked, or are just looking for a gentle, quieter practice, this is the class for you. Relax classes incorporate gentle movement with stillness. Suitable for all levels and beginner friendly.

Yoga/Pilates

Receive the benefit of both stretch and strength with our yoga/pilates fusion class. This class perfect for students interested in developing core strength and stability.

Yoga for Back Care

Yoga for Back Care brings awareness of the relationship between your posture, your pain and your habits of movement. You will become well acquainted with your "inner corset" as you build a strong, healthy core. This class is suitable for all levels and recommended to students with back or postural issues.

Yoga for Joint Care

If your joints are limiting your daily activities, Yoga for Joint Care might be right for you. We will practice gentle yoga postures and movements to improve the health and function of the joint body. We will also focus on improving body alignment/posture as well as deepening awareness of healthy breathing practices. This class is suitable for all levels.

French Flow

Notre classe d'enchaînements en Français. This is our Flow class taught in French. Our teacher is bilingual, so not to worry if your French is rusty. This class is suitable for all levels.

Yoga Basics

Yoga Basics offers a safe, non-intimidating environment to learn the fundamentals of yoga postures and breathing techniques. This class is perfect for beginners as well as experienced students wanting to revisit the fundamentals of yoga.

Karma Yoga

In the spirit of generosity and to encourage a supportive, learning environment, Karma Yoga classes are cost-free to all students and lead by newly-trained yoga teachers. The class is suitable for all levels.