

Om City Yoga Class Descriptions

Gentle Yoga – Recharge your spiritual, emotional and physical batteries. Featuring grounding postures, deep stretches, breathing to enhance the flow of prana and restorative postures to open the chakras allowing the great flow of life to dance through you. Leave the class feeling refreshed, recharged and renewed. Suitable for beginners and for those dealing with physical limitations. Open to those with no previous yoga experience. **If you have been sedentary or are recovering from illness or injury, this is the best place to start!**

Beginners Yoga Basics - This is a basic class which will teach you the fundamentals for a well balanced yoga practice. Open to those with no previous yoga experience. This class lays the foundation for those wishing to advance into the more challenging Vinyasa classes. You will learn proper alignment and how to transition between postures. There is a strong emphasis on building core strength and on learning to coordinate breath with movement.

Vinyasa - This class is for those students wishing to practice the art of flow both in yoga and in life. We will use conscious breathing to create a state of internal and external flow while practicing smooth, fluid transitions between postures. This class is for experienced beginners and intermediate level students who wish to take their practice to the next level. Includes challenging, faster paced Vinyasa Flow sequences to create heat in the body

All classes include centering techniques to create harmony between mind, body and spirit as well as warm-ups to create mobility in all the joints of the body. There is always an emphasis on proper breathing technique as the foundation of the practice. In addition, classes may include some chanting and meditation.

Please arrive at the studio at least 5 minutes early to ensure entrance to the class. The door will be locked during class – so if you arrive late you may not be able to attend the class. We apologize for any inconvenience this may cause.