Aromatherapy Yoga: Invigorate your senses with this stimulating yoga experience. The use of essential oils during yoga is a wonderful method to achieve overall well-being. Including scents in a yoga practice helps to engage and unite the body, mind, and spirit for an entirely new experience. With scents like citrusy orange to awaken the body and soothing lavender to calm the mind, you might find that you are able to achieve a deepness in your practice that has never been achieved before.

Bending Over Backwards: Maybe you're working on your back handsprings or maybe you're not? Either way, this class will work on your back flexibility and heart-opening poses to help set your tone and intentions for the week ahead!

Be-you-tiful: “Your task is not to seek for love, but merely to seek and find all the barriers within yourself that you have built.” –Rumi. In this heart-opening class, we will seek to expose these barriers and wear them away with loving-compassion. This class will encourage the cultivation of self-love through heart-opening and self-care postures and meditation exercises to infuse this positivity into the body and mind.

Core, Strength, and Stretch: Challenge yourself with powerful poses targeting your core—the foundation for a strong yoga practice. This class will get you sweating. Leave feeling strong, stretched and powerful.

Detox Yoga: Cleanse and free yourself of the toxins in your body and life through a vigorous, sweat inducing practice. Packed with detoxifying twists and backbends, you'll leave class feeling lighter, happier and empowered.

Flight Club: The first rule is enjoy the opportunity to explore taking your practice to the next level. This class focuses on giving you the instruction and encouragement you need to nail that tough trick you have been wanting to try. Never tried crow, headstand, or forearm stand, but want to? We will work up to each inversion with a series of postures that prepare you to build the proper strength necessary for these poses.
Nama-Stay In Bed: Instead of taking a nap, take your body to yoga to get the restoration that you need! A healthy amount of sleep is always great for the body, but so is taking the time to treat yourself to some self-care with postures that incorporate various props to restore the body.

Hip-Hop Yoga for Runners & Athletes: Are your hips and hamstrings tight or imbalanced from running or other athletic pursuits? Set to Hip-Hop music, this sweaty and strong power flow class is designed to both strengthen and lengthen muscles that get out of balance or tighten as a result of common endurance workouts like running and biking. Hip-Hop hooray!

Yoga 101: Have you wanted to try a yoga class but were hesitant to jump right in? No worries! Come get your stretch on in this class for absolute beginners OR anyone looking to refresh their foundation.

Yoga for Stress Relief: Some call it Tuesday, we call it YOUday. Sink into this class and watch your stress melt away as you flow through restorative poses, breathing exercises, and meditation.