Mind & Body Week Class Descriptions

**Hip-Hop Power Hour:**
An uplifting power yoga class, with a focus on positive intention setting and your favorite hip-hop tunes!!

**Yoga in Nature:**
Reconnect with the Earth during this outdoor flow! This class will take place on Varsity Place in the open air. Soak up the sun in this invigorating Vinyasa class. (Weather permitting).

**Yoga Jam Live:**
Jam out to live acoustic music presented by GW’s very own Abri Bernstein. Stretch and strengthen to awesome musical vibes in this inspiring yoga class!

**Sun Salutations:**
Get energized in this strong class with variations on the sun salutation. These salutations are a great way to warm the body and prepare to take on the day.

**Inversions Workshop:**
Looking for the opportunity to explore inversions? This moderate level class focuses on giving you the instruction and encouragement you need to nail that crow, headstand, or forearm stand.

**Aromatherapy Yoga:**
This class combines the use of essential oils with traditional poses for the ultimate yoga experience. Invigorate your senses with a citrusy orange scent to awaken the body and soothing lavender to calm the mind.

**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 that is a great one for absolute beginners OR anyone looking to refresh their foundation.
Meditation Made Easy:
Have you been wanting to try meditation but don’t know where to start? This class is focused on breath exercises and techniques on how to integrate a meditative practice into your daily life. Be sure to bring an open heart and mind to this relaxing and restorative workshop.

Pi-Yo:
This combines core strengthening Pilates with the flexible flow of a yoga class. Be prepared to tone and lengthen in this “double-whammy” of a class!

Props & Binds:
A classic fluid flow that links movement with breath. With dynamic and creative sequences, this is a great moderate level yoga class. We’ll take it a step further with props and binds to encourage you deeper into each pose.

Rap and Sculpt:
Tone your muscles in dynamic yoga with weights class set to rap music! Prepare to bring some attitude!

Back Bliss:
This class will demonstrate the many ways that backbends can foster playfulness and exploration, and access the heart chakra. The class will move through the foundational poses necessary to build a strong backbend practice, and will culminate with a personalized exploration of peak poses like mermaid, wheel, and dancer.

80s Neon Sculpt:
Rock out to your favorite 80s tunes in this upbeat and fun vinyasa class. Wear your favorite neon gear to add an extra 80s flare!

Sing, Stretch, & Flow:
Your vocal cords are muscles too! You are encouraged to sing along to popular pop tunes in this lively and judgement-free vinyasa class. You’ll leave this class smiling from ear to ear.

House Detox Twist:
Give your body some relief by adding extra twists to your practice set to House tunes! The best part is you can take these detoxifying moves home with you to perform year round whenever you are feeling overloaded.

Rock Hard Core:
Challenge your practice with powerful core focused poses to get the ultimate lean and toned yoga experience. Set to upbeat rock music, this class will get you sweating and leave you feeling strong, stretched, and powerful.

Pilates HIIT:
We’ll combine your favorite Pilates moves with some boot camp cardio for a fun, full body HIIT workout set to top hit music. Be sure to wear athletic shoes!

Yoga Nidra:
Yoga Nidra is a lucid sleep that can take you to the deepest states of relaxation while still maintaining full consciousness. Let go of stress and reduce tension and anxiety in this restorative class.