

Foundations of Yoga

This class is designed to ensure one learns the basics needed for Level 1 yoga classes and beyond. This class is great for brand-new beginners, those restarting their practice after a long break, and also for students who are new to practicing alignment-based yoga. Focus is on standing poses and key principles of alignment to increase strength, balance, stamina and flexibility. Foundations classes also incorporate breathing techniques and restorative poses to release tension and reduce stress.

Level 1 Hatha Yoga

This class delves deeply into the alignment principles of hatha yoga with an emphasis on finding the optimal form of a pose for each individual. **Level 1 will incorporate a flowing vinyasa practice with Anusara alignment principles.** All levels of student are welcome, though some previous yoga experience is encouraged.

Mixed Levels Hatha Yoga (& Community Yoga Classes)

Flow through your practice while working on poses. This class accommodates a wide range of experience levels from beginner to students that have practiced for a long period of time. The class works on a balance between strength and flexibility while building endurance and improving your breathing and posture. This is a medium-paced Vinyasa flow yoga class appropriate for several levels of student ability and experience.

**Each teacher will bring a unique style and grace to each class, creating a fun and energizing atmosphere.*

Vinyasa Flow

Vinyasa translates to “breath-synchronized movement”, it is a flowing, dynamic style of yoga which allows the breath and the movement to unite, often extra breaths are connected to the vinyasa as it can take a while until you have understood the system, but then once you do, you can ride effortlessly along with the flow at a fluid pace that works for you.

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Intermediate Vinyasa

This is a level 2 class where we can practice playfully together. Simple instruction will be given for the sequence and for breath, as well as added refinements and suggestions for deepening one’s postures. This class will explore deeper backbends, arm balances and inversions as well as some restorative poses. Students will need to have the knowledge and experience to modify postures for their own bodies, and therefore is not necessarily suitable for beginners. This is a great opportunity to learn how to take care of oneself in a more challenging practice

Noon Hour Hatha

This 45 minute Lunch break will help you to restore, revitalize and energize. Finishing with a relaxing restorative pose to bring a calm, clear and alert energy for the rest of your day.

Be Mellow

A mixture of strength and softness, the “yin” and “yang” aspect of yoga are combined in this class to leave you feeling balanced and complete. Let this class guide you through postures that contain muscular energy (dynamic flow) mixed with postures that are more passive and organic (sustained stretches). This class is suitable for all levels, allowing new yogis to explore yoga and experienced yogis to tune into the needs of their own internal practice.

Be Restored

Restorative yoga is a gentle, therapeutic style of yoga where props are used to support the body in restful poses. Yin yoga specifically targets the ligaments and tendons in joints in order to improve range of motion and flexibility. In this meditative yoga class, poses are held for longer periods of time in order to stretch and, over time, lengthen the deep connective tissue in the body and improve joint flexibility. Slow down your vigorous yoga practice with a calming Restorative Yin yoga class and leave feeling like you're floating on air. All levels welcome.

Be Playful

You love yoga and want to demonstrate that to your little ones what it means to Be Mindful and Be Balanced. Welcome to "Be Playful". Come and continue to get the stretch and strengthening you need in a baby and toddler friendly environment. Make time for yourself while you have your little ones in tow. All Levels welcome. No food in the studio space please ;)

Ballet Fit

Ballet Fit was created for those who want to experience a new workout that is both challenging and fun! This aerobic style workout is a continuous flow of ballet movements all strategically choreographed to an upbeat playlist. Your experience will consist of a series of exercises at the barre and in the centre followed by additional core and flexibility work.

This easy to follow class will improve your stamina, strength, posture, flexibility, balance and coordination as well as let you enjoy the freedom of expression through movement and love for dance!

Pilates

WHAT IS PILATES? For those that don't know what Pilates is, here is some info for you. Pilates is all about physical conditioning first and foremost. It was introduced into America in the 1920s by physical trainer Joseph Pilates as a way to help injured athletes and dancers safely return to exercise and maintain their fitness. Since then, Pilates has been adapted to suit people in the general community. The exercises focus on strengthening your core muscles, like no other exercise can, by engaging all quadrants of the core muscles, as well as the Pelvic floor muscles. Pilates is partly inspired by yoga, but is different in one key respect - yoga is made up of a series of static postures, while Pilates is based on engaging the core muscles and putting yourself into various postures and challenging your body by moving the limbs. Pilates uses your own body weight to tone so you receive an overall body workout. Pilates consists of moving through a slow, sustained series of exercises using abdominal control and proper breathing techniques. There are many benefits to Pilates like improved posture, lengthening of your muscles, body awareness, improved balance, flexibility, better coordination and increased bone density. Pilates is something that any one can do at any age and any shape, male or female. People with all sort of ailments like osteoporosis and sciatic issues benefit greatly from Pilates. The overall look of your body from doing Pilates is a long and lean toned body. The classes I offer include both standing and mat Pilates. Standing Pilates takes the traditional mat exercises and makes them much more functional by doing them upright. Great for balance! There is a bit of cardio to get you warmed up, fundamental stretches, and then 1/2 the class is done standing and the other 1/2 is on the mat. Pilates makes you aware of your body and the strength it has.