

## Class Description

Poses Yoga is dedicated to the art and tradition of Vinyasa flow yoga. Vinyasa yoga emphasizes movement from one pose to another in a flowing sequence with a focus on even breathing intended to build heat and intensity.

Poses Vinyasa blends different yoga traditions to create flowing sequences to provide students a well-rounded practice and allows each individual to celebrate his or her pure potential.

### Individual Instructions

Private classes are very important to everyone's practice. During these sessions, we will guide you through an entire vinyasa sequence one posture at a time. Poses are modified to suit your individual need and provide you with a solid foundation of this dynamic style of yoga.

### Foundation Poses

Great class for beginners to explore the fundamentals and basics of asana (pose) to develop a safe and healthy approach to yoga practice. Breathing techniques are introduced, poses are broken down, variations and use of props are demonstrated to increase the freedom and mobility of the body.

### Kripalu Poses

Kripalu Yoga is a blend of classic postures, breathwork (pranayama), and the practice of relaxation. Every Kripalu yoga class emphasizes non-judgmental and compassionate self-acceptance making it suitable for all ages, body-types, and fitness levels. Each class includes centering, pranayama, postures, and meditation and ends with a period of deep relaxation to revitalize the respiratory, nervous, endocrine, digestive, and other major systems of the body. To learn more about Kripalu Yoga, visit [www.kripalu.org](http://www.kripalu.org).

### Poses Vinyasa 1

A slower paced vinyasa that explores core poses. Special attention and modifications are offered to each student emphasizing alignment and awareness of breath to build strength, cultivate flexibility, promote balance, and awaken the spirit.

### Poses Vinyasa 2

Get your sweat on! A vigorous vinyasa practiced in a heated room (85 to 90 degrees) that focuses on developing endurance and concentration, allowing the individual to play the edge as challenging poses are explored over the course of a class. Recommended for students who have a good foundation of Poses Vinyasa 1. At Poses Yoga...our classes are fueled by our love of music!