

STUDIO K

CLASS DESCRIPTIONS

YIN: In this practice, poses are held for 3-5 minutes at a time with the focus on the connective tissues of the body. Many postures are seated, but focus on the whole physical and emotional body.

RESTORATIVE: This practice combines different postures for longer intervals, allowing you to release tension more effectively.

SLOW FLOW: Class is slower paced, and is focused on developing clear and safe alignment in foundational poses.

ALIGN & FLOW: This class offers alignment principles and biomechanics from which students can explore their inner creative potential and have fun while healing and transforming.

BREATHE & FLOW: This relaxing class uses the flow between poses to promote physical and emotional openings.

MEDITATE & MOVE: De-stress, recharge and reset with a combination of sitting, moving and guided meditation. This is a good way to set an intention to bring those fun, carefree feelings home with you, or just give your mind and body a break.

NIA DANCING: Participants are lead through a raw, organic, and barefoot class inspired by your body's natural movements and world music rhythms. It is a fusion class for any fitness level that combines elements of dance, yoga, and ballet barre.

MORNING YOGA: A flow to awaken your body. This epic practice is for all levels, helping you get focused, centered and ready to meet the day ahead.