

Winter to Spring 2025 Special Focus Classes

Our Special Focus classes will be taught in the hybrid system, in-studio and over Zoom. The classes will be recorded and students will have access to a recording for a month.

All our Special Focus instructors are eligible Continuing Education providers through Yoga Alliance. Let us know if you would like a CE certificate for the 2 hours.

Prior Registration & Payment Is Required.

SPECIAL FOCUS: RESTORATIVE & PRANAYAMA – IN-PERSON ONLY

Saturday, February 22	2:00 pm – 4:00 pm	Levels 2 & up	Beth	\$65
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In-Person ONLY. Restorative yoga practice has a calming effect on the nervous system, in turn relaxing and renewing other systems in the body. In these classes, we will identify common stressors and how they manifest in the body. Working from a sequence of classic restorative poses, we'll connect postural remedies to the affected areas of the body. We'll progress from deep, conscious relaxation into some basic pranayama or breathing practice. Along the way we'll refine techniques of folding, rolling, and arranging props to position the body for optimal restorative effects.

We'll explore a different sequence of poses in each class, so you can gain more restorative knowledge! To make the most of our class time together, we'll send a separate instructional video for prop set-up. It will be available for purchase after February 22 on our website.

MINI SERIES: EXPLORING BALANCE

Wednesdays, February 5 - 26	1:30 pm – 2:30 pm	All Levels	Hope	\$75
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In this 4-week series, we'll build a clear understanding of balance through practice. We'll progress through core strength and balance during movement to holding progressively more challenging poses. Open to all levels.

MINI SERIES: KNEES: BUILT TO LAST

Thursdays, April 3-24	3:00 pm – 4:00 pm	Levels 2 & up	Stuart	\$75
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Can muscle strength influence cartilage quality? These mysteries and more will be revealed in our four-part series on the knee. We will explore the structure of this complex joint, what we can do to keep our knees functional, which muscles we need to strengthen, and how to isolate them. We will look at where we need flexibility, and where we need more caution. Don't miss it!