



Group Class Schedule

Monday	Tuesday	Wednesday	Thursday	Friday
12pm <i>Pilates and Body Rolling</i> with Amari January 7 - February 11	11am <i>Everyday Pilates</i> with Amari January 8 - February 12	7am <i>Meditation</i> with Amira January 9 - February 13	12pm <i>Pilates and Body Rolling</i> with Irene January 10 - February 14	7am <i>Alignment Flow</i> with Kristine January 11 - February 15
5:45pm <i>Restorative Yoga</i> with Kristine January 7 - February 11	4:45pm <i>Pilates and Body Rolling</i> with Amari January 8 - February 12	12pm <i>Flow on the Go</i> with Ellie January 9 - February 13	5:45pm <i>Restorative Yoga</i> with Christy January 10 - February 14	

Pricing:

\$150 per 6 week session

\$225 for 2 classes per week for 6 week session

Pease speak with our reception team for more information and to register.

About Our Classes



Restorative Yoga

This class focuses on gentle movement and restful, supportive yoga poses. Restorative yoga calms your body so that the natural “relaxation response” can be found. This supports the immune system, and allow you to come back into balance and health by simply resting. This is a gentle yoga class for all ages and can accommodate all.



Meditation

Meditation is a practice that promotes focus, concentration, and ease in the mind. This class will teach you how to promote more relaxation in your mind, and how to more calmly approach everyday life. Your meditation practice will be supported by your experienced teacher, and props that will make you comfortable through the practice.



Everyday Pilates

The nature of our culture today causes repetitive strain in our bodies; too much flexion of our head in front of our spine together with over-rotation from hand dominance cause us to load the same areas repeatedly. This multi-level class is an opportunity to undo repetitive postures through myofascial release and simple, specific core stabilization exercises.



Alignment Flow

This class focuses on building sustainable strength and mobility, supporting you in moving through your day to day life with greater ease. Focusing on yoga based movements and transitions, you will learn to use your own body as your guide for alignment, making this class accessible to all levels.



Pilates and Body Rolling

Pilates helps develop core control, improve posture and even out muscle imbalances so you don't keep straining the same tissues. Small props such as foam rollers, spikey balls, dowels are used to highlight key spaces in the body and can help provide assistance in creating body awareness and control.



Flow on the Go

A traditional sequence of Hatha Yoga poses including sun salutations, standing and seated balance, Flow Yoga classes improve your flexibility, balance, focus, and energy. Other benefits include reducing tension, gaining inner strength, stamina and improved flexibility.