

Yoga Classes

*****Our Instructors are Bill James and Stacy Kirkbride*****

MEN ONLY

Mondays

5:15-6:15pm

(Suitable for the beginner to advanced student)

Style is dictated by participants and customized to the individual

Yin

Tuesdays

4:30-5:30pm

5:45-6:45pm

(Suitable for the beginner to advanced student)

Consists of slow, passive, long stretches, which work to lengthen connective tissues such as fascia, tendons and ligaments. In this class, we will work consciously with the breath to let go of tension, cultivate a sense of stillness in body and mind, and gradually increase flexibility as well as body awareness.

Gentle Hatha

Thursdays

4:30-5:30pm

5:45-6:45pm

(Recommended for the beginner to intermediate student)

This class incorporates a slow and gentle sequencing of Yoga postures, breath awareness, and relaxation to gradually build strength, flexibility, balance, and steadiness of mind.

Yoga Mat & Bolster included with all classes