



For flexibility?

- Hatha
- Hot Yoga
- Yin

For strength?

- Hatha
- Hot Yoga
- Vinyasa

For relaxation?

- Gentle or Hatha
- Restorative
- Yin

Where do I start?

We offer many classes for you to lay the foundation for a lifelong practice:

- **Beginner Series**
- **Yoga Basics**
- **Hatha Yoga**
- **Hot Yoga**

Learn the essentials for better alignment, focus, and breathing.

Check our [online schedule](#) for accurate class times.

Find the Beginner Series on our [workshop page](#).
