

Mind & Body



Body Balance is a new generation Yoga class that will improve your mind, body and life. You can expect to bend and stretch through a series of simple yoga moves, elements of Tai Chi and Pilates while an inspiring soundtrack plays in the background.



Hatha Yoga is a gentle, basic flow class focusing on stretching, breathing exercises and relaxation techniques. A great class if you are new to Yoga.



Pilates classes are a full body workout that create long, lean muscles. Pilates Mat is performed on a mat on the floor and achieves results by using gravity and your body's own resistance — and sometimes small props, such as foam rollers, the magic circle or ring, balls or weights.



Pilates Flow is the Pilates method of exercises uses the concept of learning a sequence of exercises and then tying those exercises together in a way that makes it seem like you are constantly moving or flowing.



Power Yoga is a fast-paced style of Yoga that's focused on building strength and endurance. It is also an excellent form of Yoga for burning calories.



Vinyasa Yoga is a creative variation based on the principles of Ashtanga. Vinyasa means flow and unites breathing and postures. It can provide some aerobic components while improving strength, balance and coordination. Yoga experience recommended.



Yoga & Stretch is a dynamic, static stretching class which will energize your body, improve flexibility, strength and overall health.



Yin Yoga with Myofascial Release combines gentle, slow-paced poses to increase mobility and hydrate the body's fascial network. Yoga therapy balls provide self-massage to relieve back pain, shoulder pain, and tight hamstrings by releasing tension in deeper tissues. This technique involves gentle pressure to myofascial connective tissue restrictions, reducing pain and restoring motion. Combining therapy balls with yin yoga poses balances energy flow, promoting freedom of movement and relaxation. Suitable for beginners, no prior yoga experience is needed.



Sound Bath Therapy – Go on a self-discovery journey with the new Sound Bath Therapy class. Let vibrations from combination of vocals, gongs, Tibetan singing bowls and tuning forks navigate your spirit and calm your mind. Sound baths can also help reduce pain, promote better sleep, discharge toxins and strengthen the immune system.