



Class Descriptions

Slow Flow Series - A slow mindful class that includes physical postures, breathing techniques, and a heart centered meditation.

Deep Series - Space and time between postures to allow for introspection, breath awareness and the possibility to discover something new on your mat.

Vinyasa Spirit - Energize your body, awaken your mind and enliven your spirit! Pose and breath are linked to increase strength, energy, flexibility and mindfulness. Level 1 & 11

Rock & Roll Vinyasa - Energetic Vinyasa flowset to the dynamic sounds of rock & roll. Stimulate your senses from within and invite your inner rock star to come out!

From the Ground Up - Teachers focus on 4 postures, 1 pranayama and 1 yogic philosophy each month. From the Ground Up allows time to practice all that is Yoga.

Core Yoga Flow - A vinyasa flow with focus on postural awareness and core strength.

Sunrise Salutation - Sun Salutations, energetic postures combined together for a dynamic vinyasa flow. Start the day with energy, flexibility and more clarity. Rise and SHINE!

Sunset Salutations - A stimulating Vinyasa evening flow that ends with a peaceful, soothing shavasana.

Strength in Stillness - The power of stillness is challenging, both mentally and physically. Discover benefits of stilling the body, calming the breath and quieting the mind provide.

Hatha Rhythms - A rhythmic combination of poses, breath, meditation and chants offers students a complete Hatha experience.

Yoga for Athletes - Increase strength, enhance flexibility and build cardiovascular power.

Ashtanga based yoga - Yoga flowed based on the principles of Ashtanga Yoga.

Body Strength Flow - A yoga workout that will build muscular and cardiovascular strength and endurance.

YOGA Terminology

Pranayama -Breathing techniques – Translates into Life Force

Vinyasa - Movement and breath.

OM -The spoken essence of the Universe.

Namaste - The light in me honors the light in you.

Sanskrit - The language of YOGA.

Chakra - Centers of energy found in the subtle body between the base of the spine and crown of the head. There are seven primary Chakras.

Hatha Yoga - “A system of well being that seeks to balance body, mind and spirit.” YFL

Y3 is proud to be affiliated with Abby Schwab’s **Yoga for Life** nationally recognized 200-hour Yoga Teacher Training.

Abby Schwab teaches at the Natick location and can be reached at:

www.Yoga-for-Life.com

Namaste

Lisa Price O’Brien lisa@tenxclub.com

