

Intro to Maya Yoga Vinyasa Fusion

This class will be an introduction to Vinyasa Fusion, suitable for all levels, focusing on opening the front body and strengthening the back. Using Surya Namaskar (Sun Salutations) to slowly build heat and standing poses to reconnect you with the earth, we will move through a Vinyasa style practice that will leave you feeling recharged and stress free! We will cover in detail all the lunge work that Maya Yoga is famous for. Special attention will be paid to cultivating awareness in our hands and feet in order to ground us more deeply to the earth. Class will conclude with backbends and inversions. Learn to create safety and strength by applying basic alignment principles to a Vinyasa style practice.

Suryanamaskar C

This dynamic flowing sequence of standing postures is the root of all “flow yoga” classes taught in America today. The beauty of the class lies in its spontaneity: it is always different! Depending on students’ needs and backgrounds, the postures are linked together using a vinyasa sequence and conscious breathing. Dynamic backbends will complete the flow. This is an extremely fun class and can go very deep!

Taking Time to Look Within

Yoga is all about creating and sustaining balance in our lives. This afternoon session is the perfect complement to a strong morning yoga practice. This class will be more reflective in nature as we find our way into various postures, usually on the floor, but not limited to, and stay there to see what happens. How often do we really slow down enough in our increasingly busy daily lives and take the time to look and listen to ourselves? Hip openers and inversions will be the focus. A gentle introduction to Pranayama will be taught as well. Since the middle of the day is the time when the body wants to rest and rejuvenate itself for the rest of the day, this class should be just the right thing!

Backbends to Extend the Spine and Expand your Consciousness!

The practice of backbending can be exhilarating, terrifying, and incredibly fulfilling. Whatever reasons you come for, whether it is to conquer some fears or to increase your capacity for expansion, this class is for you. Eddie and Nicki have a wonderful way of preparing the body, mind and spirit in a safe, supportive way. You will be amazed at what you can achieve with the proper support and conscious preparation. This will be a strong class.