

Just Breathe Yoga Studio's **Current Drop-In Class Descriptions**

These drop-in classes are posted on our open calendar, meaning no registration is required in advance. Classes are approximately 1 hour. Most yoga classes include about 50-55 min. of postures and 5-10 min. of relaxation or light meditation (unless otherwise noted) and require a yoga mat.

Beginner Yoga- This Hatha yoga class focuses on individual basic postures with attention to proper alignment, focused breathing, and general body awareness. The connection of relaxing breath and safe movements will help create a healthy foundation for your future yoga experiences. This class is slower in pace and may be taken by all levels.

Yoga I- Recommendations: Beginner Yoga. Participants will take the foundational Hatha yoga experiences into more challenging poses and continued breath work in a balance of strength and flexibility.

Yoga I/II- Recommendations: Yoga I. Continue the evolution of basic poses in Hatha style into an intermediate or more advanced level. Slightly faster in pace than Yoga I, more challenging poses and/or basic flowing sequences may be used.

Yoga, All Levels- Recommendations: At least one Beginner Yoga class. This class seeks to give options for all levels of yoga enthusiasts. Basic yoga poses and postures are given with options for modifications to either keep the pose simple or to challenge the more advanced student.

Vinyasa Flow- Recommended: At least Yoga I, for students with some previous yoga experience. Whereas Hatha yoga focuses primarily on individual poses, in Vinyasa Flow expect to find one pose leading into another, creating flowing sequences of connected poses and breath such as in the Sun Salutation. This style can be more vigorous in nature.

1/2 & 1/2 (half & half) - Recommended: Yoga I and some Pilates experience. Also a combination of yoga and mat Pilates, this fitness style class will divide the hour with half geared toward yoga poses and half focused on Pilates exercises. This class also uses the balance ball. Please bring your yoga/Pilates mat.