

Yoga Marathon 2012 – Four Hour Lineup



10am:

Yoga Salutations - A flowing series of poses to warm up the body's muscles and joints. As the class progresses, strength, breath and gently extending range of motion will be key to prepare the body for the continuation of our yoga marathon.

11am:

Power Flow Yoga - An active and intense practice meant to quiet your mind as you detoxify the body and cultivate the energy of the breath. Emphasizing safety and alignment, modifications will be offered so that everyone can work at their own pace with their own authentic breath. You will leave feeling stronger, centered and refreshed.

12pm:

Balance & Core Yoga - A variety of balancing poses will be explored to strengthen the entire body and improve stability. The "power-house" muscles will also be challenged through a group of exercises that develop and build core strength.

1pm:

Restorative Yoga - This class focuses on restoring the body. Linking movement with breath, the class will be led through a variety of flexibility exercises to support and gently stretch the body. This harmonizing practice will help to rebalance the body, mind, and nervous system.

