



### For flexibility?

- Hatha
- Hot Yoga
- Yin

### For strength?

- Hatha
- Hot Yoga
- Vinyasa

### For relaxation?

- Gentle or Hatha
- Restorative
- Yin

# Where do I start?

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We offer many classes for you to lay the foundation for a lifelong practice:

- **Yoga Basics**
- **Hatha Yoga**
- **Hot Yoga**
  
- **Beginner Series**

Learn the essentials for better alignment, focus, and breathing.

Check our [online schedule](#) for accurate class times.

The Beginner Series is held in fall & winter months. Find it on our [workshop page](#).

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