

## Class Descriptions

### **Therapeutic Yoga:**

All our classes are therapeutic in nature. We have a highly experienced staff that instructs directly to the level of the students in the room. Our teachers artfully guide classes to include techniques and poses that address each student's specific issues. Classes are designed with the intention of keeping less experienced students safe and present while directing more experienced students to practice within their own safe physical abilities.

### **Gentle:**

An easier yet well-balanced practice with emphasis on breath awareness, alignment and building more relaxation into our efforts. Good for beginners or those with limitations.

### **Intro / Level 1:**

Ideal for beginners who want to learn proper alignment in postures and basic breathing practices.

### **Mixed Level:**

Suitable for most practitioners. These artful classes offer moderately challenging poses and activities that can be easily modified for safety and ease. Continued emphasis on alignment, breath work and present moment awareness.

### **Rock -N- Roll Yoga:**

Join Theresa and the Yoga den staff Friday nights for Rock-N-Yoga. Some experience required because in this class there is "more Rockin and less Talkin".

### **Sound Therapy:**

Yoga Den has a monthly Sound Therapy Night. Sound Therapy uses the power of vibration to create a deep sense of peace, which allows one to relax and release and heal on all levels. Mixed use of Gongs, Crystal Bowls, Didgeridoo, Drum, Flute, Bells etc... all of Dennis' classes are concluded with a 5 -10 minute Sound Therapy session.

### **Therapeutic Chair Yoga:**

Chair Yoga is a mild form of yoga for anyone, any age with limiting or restricted physical conditions.

**Remember each class is only as hard or as easy as you choose it to be.**