

BARAZA FLOW

Our 60 minute signature class always promises a fun, powerful flow, with sequences created to challenge and strengthen, no matter your level. A feel good class where we'll move together, stretch, sweat and connect with our breath. ALL LEVELS.

MANDALA FLOW

Mandala Flow is a strong, physical practice based on the four elements that emphasizes the freedom and creativity of each individual student. These fun, dynamic, sequences are performed in circular, fluid motions, exploring all four corners of the mat, 360 degrees. ALL LEVELS.

RISE & FLOW

A 60 minute morning class, where we'll move, sweat, rest and leave feeling ready to face the day. Starting with a mini grounding seated meditation, followed by a whole body warm up and thoughtfully sequenced flows, finished with a re-energizing savasana. ALL LEVELS.

THE ROCKET

Rocket Yoga is rooted in the practice of Ashtanga Vinyasa. It is composed of poses from the Primary and Intermediate Series of Ashtanga, as well as key postures from the 3rd and 4th series. ALL LEVELS.

THE ROCKET [INTERMEDIATE]

A dynamic, empowering sequence, famous for its arm balances and inversions, but more about challenging yourself and respecting your body. INTERMEDIATE.

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LUNCHTIME QUICKIE

A shorter 45 minute class with your lunch break in mind. This is a non-sweaty invigorating and flowing class, designed to give you a physical and mental boost for the afternoon. ALL LEVELS.