

## Lumina Mind and Body Descriptions

**Vinyasa yoga**~ This is a flow style of yoga using the breath to move from one posture to another. Increases your strength and flexibility while reducing stress.

**Simply Hot**\*~ Two of the main benefits of using heat while doing yoga are increased flexibility, and cleansing the body of toxins. In addition to learning the beginning movements of the Power Vinyasa format, your body can gradually acclimate to the benefits of this wonderful practice.

**Hot Vinyasa**\*~ An energetic yoga workout done in a heated room designed to build strength and flexibility. The room is heated to over 80 degrees, with a humidity level of 43%. This class is for the intermediate level practitioner. A longer class, therefore the instructor spends more time on form and alignment.

\*For all hot yoga classes, remember to hydrate accordingly before and after class. Bring your own mat, towels and water. Class may not be suitable for those with high or low blood pressure or pregnant women. First timers should always introduce themselves to the instructor.

**Svaroopa Yoga**~ “Yoga for the back and neck.” Improve flexibility using poses to stretch and open the core muscles of the spine. Sequence the spine from the pelvis through the neck and shoulders. \$5 additional fee.

**Harmony Flow Yoga**~ Powerful, vigorous Vinyasa Yoga focuses on linking movement with breath and using breathe to link asanas together. Pranayama (breathing exercises) and Yoga Nidra (guided relaxation) included.

**Ashtanga Yoga**~ This class presents a fast-paced series of postures, flowing Sun Salutations with deep and full rhythmic breathing “ujjayi breath.” Ashtanga Yoga enhances flexibility, strength, and balance. Intro to Ashtanga focuses on the basics, allowing students to work at their own pace.

**Mat Pilates**~ A series of fluid moves designed to build core stamina, endurance and great overall postural tone.

**Intermediate Pilates**~ A class designed for those who need a more challenging Stott Pilates mat class.

**Stretch Yourself**~ A gentle yoga class that is great for the beginner. Learn proper positioning, breathing techniques, and meditation.

**Zumba**~ This is a Latin derived dance work out based on the principle that the work out should be “fun and easy to do.”

**Meditation**~ Primordial Sound Meditation is a meditation technique from the yoga tradition of India. Regular practice helps establish inner quietness in life, helping us to make creative and life-affirming choices.

**Tai Chi**~ A self-paced system of gentle physical exercise, the benefits of Tai Chi include stress reduction, increased balance and increased flexibility.

**NIA**~ An aerobic exercise that combines modern dance, martial arts and the philosophies of the healing arts. People of all levels can participate. Also known as “non-impact-aerobics”.

**Cardio Striptease**~ This class is choreographed into low and mixed-impact routines. Learn to move gracefully and learn sexy dance moves, hip rolls, body waves and floor work. Look good and feel great in no time .

**Sculpting and Core with Balls**~ A class focusing on core strength and functional exercises for ABS & back. Medicine & resist-a-balls used.

**Interval Training**~ 20-minutes cardio, 20-minutes strength, 20-minutes stretch.

**Yoga Stretch & Strengthen**~ A “yoga stretch” stretching class. Basic stretches with the use of tubing and props.

**Basic Yoga**~ Yoga for beginners or for those who are experienced but want a lighter class. Learn the basic moves, postures and terminology.

**Qi gong**~ Traditional Chinese medicine involving the coordination of different breathing patterns with various physical postures and motions of the body. It is taught for health maintenance and therapeutic intervention.

**Power Yoga**~ Power yoga is a general term used in the West to describe a vigorous, fitness-based approach to vinyasa style yoga. There is an emphasis on strength and flexibility.