

## Lumina Mind and Body Descriptions – Revised 8/24/11

**Vinyasa Fundamentals Level I** ~ Learn the building blocks of Vinyasa Yoga. Focus is on proper alignment, breathing, strength, and flexibility. Great class for beginners who want to learn yoga postures and how to use them in a flow.

**Vinyasa Fundamentals Level II** ~ The next level of Vinyasa Fundamentals, learning more advanced postures in a slow structured setting. Focus is on alignment, breathing, strength and flexibility. Slow flow and workshop style class.

**Intermediate Vinyasa Yoga** ~ Mixed level flow style yoga in a safe setting. Using the breath to move from one posture into the next; a moving meditation to improve strength and flexibility and to calm the mind. Good for students who want to take their yoga fundamentals to the next level.

**Advanced Vinyasa Yoga** ~ Vigorous flow yoga in a safe setting. Dynamic, challenging yoga postures which use the breath to flow from one position into the next. Increase strength and flexibility; connect the mind, body and spirit. Prepare to sweat.

**Gentle Yoga** ~ The Barkan Method is a style of Hatha Yoga. It includes sequences of yoga postures to stretch and strengthen various areas of the body. The practice brings vital balance and restores all systems to optimal health. Consistency will create a physical, mental and spiritual harmony that will be felt in all areas of the practitioner's life.

**Hot Vinyasa Yoga\*** ~ 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.

**Svaroopaa 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*

**Yoga Basics/Slow Flow** ~ The focus of this class is the build postures from the ground up. Suitable for novice through intermediate students, the class explores all of the primary poses in a relaxed atmosphere.

**Yoga Basics II** ~ For Continuing students, the focus will still be on building postures from the ground up. We will explore new and sometimes more difficult asanas as we learn by watching each other and trying new things! New students are still welcome knowing that they will be challenged at times but always invited to modify.

**Power Yoga** ~ Power yoga is a general term used in the West to describe a vigorous, fitness-based approach to vinyasa style yoga. Enhance your Vinyasa practice in a heated setting, allowing your mind and body to go further than you ever thought possible. To feel comfortable in this setting, please come with a basic understanding of yoga asanas.

**Forrest Yoga** ~ Known for its intense pose sequences, long holds, breath awareness, abdominal work, focus on alignment and joint preservation! It's a sweaty, strength-building class.

**Kripalu Yoga** ~ Kripalu Yoga puts a great emphasis on the mechanics of Yoga - proper breath and alignment - as well as in the inner, spiritual dimensions of Yogic practice. Students are encouraged to honor "the wisdom of the body" and to work according to the limits of their individual flexibility and strength.

**Kundalini Yoga** ~ A powerful and transformative system of self-healing that teaches you how to take control of your health and your life. The class includes warm-ups, breathing exercises, yoga set & sitting meditations. This class is to rejuvenate your body and help heal it.

**Pilates/Stott Mat Pilates** ~ A sequence of Joseph Pilate's exercises designed to strengthen and tone the entire body. A variety of props may be used for added intensity.

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

**Stretch, Roll & Sing** ~ A basic stretch class that incorporates athletic stretches with some basic yoga moves and also foam rollers. Are sometimes used to massage out the muscles. Singing is optional and done to love songs of the past. Great for anyone!

**Aerobic Meditation** ~ Various exercises from Donna Eden's Energy Medicine to rebalance & Strengthen the aura, meridians & chakras.

**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".

**Sculpting** ~ A class focusing on strength training for the whole body. Good for weight bearing exercise. Light weight dumbbells, tubings, Resist-a-balls, & medicine balls are used.

**Core Conditioning** ~ A 45 minute class concentrating on the core meaning, abdominals, oblique muscles, lower back, gluteal muscles and hamstrings by using weights, medicine balls, resist-a-balls or just a mat. Great for improving back issues & posture.

**Sculpt/Interval** ~ An all body workout including strength, cardio & flexibility that is in intervals to increase on metabolism.

**Cardio Interval Workout** ~ A 30 minute workout that is done on the cardiovascular machines in the cardio room. Instructor sets the workout for you, and one, two or three different cardio machines may be used.