

# STUDIO K

## CLASS DESCRIPTIONS

**YIN:** In this practice, poses are held for 3-5 minutes at a time with the focus on the connective tissues of the body. Many postures are seated, but focus on the whole physical and emotional body.

**RESTORATIVE:** This practice combines different postures for longer intervals, allowing you to release tension more effectively.

**SLOW FLOW:** Class is slower paced, and is focused on developing clear and safe alignment in foundational poses.

**ALIGN & FLOW:** This class offers alignment principles and biomechanics from which students can explore their inner creative potential and have fun while healing and transforming.

**BREATHE & FLOW:** This relaxing class uses the flow between poses to promote physical and emotional openings.

**MEDITATE & MOVE:** De-stress, recharge and reset with a combination of sitting, moving and guided meditation. This is a good way to set an intention to bring those fun, carefree feelings home with you, or just give your mind and body a break.

**MOUNTAIN DANCING:** Participants are lead through a raw, organic, and barefoot class inspired by your body's natural movements and world music rhythms. It is a fusion class for any fitness level that combines elements of dance, yoga, and ballet barre.

**PILATES:** Pilates improves joint mobility, core stability, and neuromuscular control. We will practice STOTT Pilates mat work that can accommodate beginners as well as seasoned experts.

**SNOW SPORTS CONDITIONING:** Skiing and riding tends to put the body, especially the hip and knees into flexed position. Let's stretch and balance out the opposing muscles at the end of the day and get ready for another day on the slopes. Not a skier/rider? You will still enjoy moving your body to improve your posture.