

Welcome to Breathe Yoga Studio

Reservation required for classes. Please download our app to schedule!

www.ParkwayAthleticClub.com

Monday	Class Descriptions
9:30am Slow Burn Yoga with LeeAnn M	<p>Gentle/Restorative Yoga A restful practice that is all about slowing down and opening your body through passive stretching. If you take a restorative class, you may hardly move at all, doing just a few postures over the course of an hour.</p> <p>Yoga Nidra A guided meditation practice that promotes deep relaxation while maintaining awareness. Practiced lying down with minimal movement, it guides attention inward, helping the body reach a state of balance and calm.</p> <p>Slow Burn Yoga Slow Burn classes integrate breath and movement, inner and outer alignment, strength and flexibility.</p> <p>Yin Yoga Yin yoga is the perfect practice for a person who works out often, your average athlete. "It is yoga for the joints, not the muscles". Yin Yoga generally targets the connective tissues of the hips, pelvis, and lower spine.</p> <p>Vinyasa Flow This is a style of yoga characterized by stringing postures together so that you move from one to another, seamlessly, using breath. Commonly referred to as "flow" yoga. This type of yoga is good for all levels, modifications are always offered.</p> <p>Night/Relaxation Yoga Relax the body and mind with this gentle flow.</p> <p>Yoga For Athletic Recovery is a uniquely incorporates myofascial release techniques and static stretching with yoga poses. Don't let the name fool you. This class will benefit ANYONE who is intimidated by the idea of practicing yoga but wants to get in a good stretch.</p> <p>Mellow Flow Yoga Mellow Flow Yoga is a type of yoga flow that is done at a slower pace. It is a low-impact workout that can slowly help you to build strength and improve flexibility.</p>
10:45am Yin Yoga with LeeAnn M	
4:00pm Night Relaxation Yoga with May S	
Tuesday	
8:15am Vinyasa Flow with Dominique C	
9:30am Yoga for Athletic Recovery with Dominique	
4:00pm Mellow Flow with Sundee H	
Wednesday	
9:30am Vinyasa Flow with Nichole T	
10:45am Yin Yoga with Nichole T	
4:00pm Vinyasa Flow with Sundee H	
Thursday	
9:30am Vinyasa Flow with Terra G	
10:45am Yin Yoga with Terra G	
Friday	
9:30am Vinyasa Flow with Terra G	
10:45am Yoga Nidra with Terra G	
4:00pm Yin Yoga with Tracy H	
Saturday	
9:00am Gentle/Restorative with April E	
10:30am Vinyasa Flow April E	
Sunday	
9:30am Vinyasa Flow with Sundee H	



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Schedule Effective May 01, 2025