

Classes

With a new mix of classes offered every month, you'll have the opportunity to discover yoga in its many forms. Our standard classes are Vinyasa Flow, Hatha, and Flow & Glow. All classes are 60 minutes long unless otherwise noted and are open to all abilities.

Chakra Balancing Flow

Chakras are energetic power centers that both take in and distribute energy throughout the body. This class focuses on balancing and opening the energy flow through your chakras for optimal health and well-being. (All abilities. 60 minutes)

Flow and Glow

Get strong and flexible with this dynamic practice! A more vigorous style, Flow and Glow links breath with movement - all set to a pop and rock soundtrack. Your entire body will benefit from the muscle-building postures. The smooth, continuous flow deepens breathing, increases endurance and will test the edge of your balance and flexibility. The moving flow in this class builds heat - an excellent aid in increasing flexibility and eliminating toxins. (All abilities. 60 minutes)

Gentle Yoga

This class includes gentle movement, stretching and breathing as well as restorative poses to rejuvenate and enliven the body, mind and spirit. (All abilities. 60 minutes)

Hatha Yoga

Hatha focuses on the physical foundation of postures and breathing techniques. (All abilities. 60 minutes)

Hot Flow

We'll warm up the studio for this vinyasa flow workout designed to make you sweat. Not as hot as traditional bikram and more fun (music!), don't forget to bring your water bottle and a towel. (All abilities. 60 minutes)

Restorative Yoga

All forms of yoga offer extensive physical and psychological benefits but restorative yoga takes renewal to the next level. Used to trigger the parasympathetic nervous system, this class helps stimulate the immune and endocrine systems as well as lower heart rate and blood pressure. (All



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New classes every month ▶▶

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Feel Good Friday January Schedule 5:30 pm to 6:30 pm

01/03/2014: Beginner
01/10/2014: Gentle Yoga
01/17/2014: Beginner
01/24/2014: Gentle Yoga
01/31/2014: Beginner

Announcing New Yoga Focus Classes!

Our new Yoga Focus classes are designed to give you focused instruction on a particular element of your yoga practice. We will cover two topics in each 60 minute class. Sign up for "Yoga Focus" online.

01/12/2014: Sun salutations and chaturanga
01/26/2014: Safe back bends and inversions

THE 8 LIMBS OF YOGA

1. Yamas (Restraints)
 - Ahimsa (Non-Violence)
 - Satya (Truthfulness)
 - Asteya (Non-Stealing)
 - Brahmacharya (Moderation)
 - Aparigraha (Non-Greediness)
2. Niyamas (Personal Observances)
 - Saucha (Cleanliness)
 - Santosha (Contentment)

abilities. 60 minutes)

Sunrise Yoga

Start the day with awareness and notice the difference! Wake your body with gentle stretches then move into a practice designed to set the stage for an intention-centered, heart-centered day. (All abilities. 60 minutes)

Vinyasa Flow

Vinyasa means "breath-synchronized movement." This class will encourage us to discover the potential in slowing the breath and flow of vinyasa. We will focus on blending alignment with our own natural rhythm of movement. This is a great class for any level of student wishing to establish or reinforce a strong foundation. (All abilities. 60 minutes and 75 minutes on Thursday evenings)

Yin Yoga

Yin Yoga is different than any of our other class offerings because it focuses on stretching the deep connective tissue in the joints. There are fewer poses in yin yoga because students focus on stretching and holding poses for longer periods of time. Over time, students will find they have a greater range of motion due to the lengthening of the connective tissue. (All abilities. 60 minutes)

Yoga Basics

Offered once a month, this class is highly recommended for new students. Even if you've taken a few classes with us, we encourage you to attend this session where you can ask questions and receive hands-on assistance. (Beginners. 60 minutes)

- Tapas (Heat/Austerity)
- Svadhyaya (Self-Study)
- Ishvara Pranidhana (Surrender to God)

3. Asana (Postures)
4. Pranayama (Breath Control)
4. Pratyahara (Withdrawal of Senses)
5. Dharana (Concentration)
6. Dhyana (Meditation)
7. Samadhi (Enlightenment)

[Home](#)

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