



## Beginner Yoga: Hatha I

A beginner-level yoga class for every BODY! No experience necessary, class will be suited to beginners, but those with experience are welcome, too! This class will introduce the basic yoga poses, and how to use props to support the body in each pose to feel comfortable in each pose. This class will end in savasana, a guided, final relaxation to reduce stress and restore the body. Recommend this class before taking hatha, vinyasa, or power classes. Please contact the studio with any questions.

## Beginner Vinyasa Flow

A beginner-level class that emphasizes proper alignment and breathing while moving through an intelligent, mindful sequence of poses aiming to build internal heat. All levels are welcome. Poses will be modified or advanced based on your yoga practice. This class will end in savasana, final relaxation.

## Gentle Yoga

A gentle, beginner-level yoga class that moves slow. This is a restorative yoga class that moves the body through a sequence of seated and standing yoga poses, ending in seated savasana focusing on breathing and healing the body. This class will have the option to use chairs for additional support to feel comfortable and confident in Yoga poses. Perfect for people with weaker and/or injuries joints, or people that are just plain scared of yoga!

## Donation Yoga Classes

A fun Hatha Yoga class for all-levels, and ages! At Hanover Virginia Yoga, LLC we aim to make yoga accessible for everyone, while at the same time, giving back to our local community. Each month, Hanover Yoga will offer donation-based yoga classes. Classes are free with a recommended \$5-10 donation at the door. Cash, credit, check accepted. Donations given back to the local community. This class welcomes yogis of all levels to join together and give back to our community through yoga! [Learn more about donation yoga classes here.](#)

## Hatha Yoga II/III

All all-level class that will explore a deeper yoga practice by holding poses for a longer amount of time, and incorporating breathing exercises (pranayama), mind exercises (mantras), and hand positions (mudras) into the class. Inversions, and preparatory poses for inversions, will be safely explored. Poses will be modified or advanced based on your yoga practice. This class will end in deep savasana, a guided meditation.

## Warm Vinyasa

Groovy music, fast-pace yoga class in a 75-80 degree room for experienced, mixed-leveled yogis. This class will link movement and breath, challenging mind and body to move through Sun Salutations and Hatha yoga postures – with option for vinyasa! Inversions will be offered. Poses will be modified or advanced based on your yoga practice. This class will end in savasana.

## Warm Yin

A relaxing, gentle yoga class in a comfortable 75 degree room designed to stretch and restore the body. This class will use A LOT of props (blocks, blankets, bolsters, sandbags) to gently move into postures and hold poses longer (2-5 minutes), to lengthen muscles on a deeper level. These poses prepare the body for stillness and unwind the mind for deep relaxation. This class will end in an extended, guided, yin savasana.

## Ashtanga-Inspired

A fast-pace, vinyasa yoga class that incorporates Ashtanga Yoga poses into the sequence. This class will move through 10 Sun Salutations followed by different standing and seated postures found in the Ashtanga Primary Series. Recommended taking this class before taking the full Ashtanga Primary Series.

## Ashtanga Primary Series

A 90-minute, Ashtanga-inspired yoga class for experienced yogis. This class follows the Primary Ashtanga Series from Shri K. Pattabhi Jois of Mysore, India. Recommend becoming familiar with hatha, vinyasa, and power yoga classes before taking this class. This class is highly recommended for those interested in strengthening the mind and body while deepening your yoga practice. This class will end in a brief Savasana.

## Core Fusion

Flowing yoga class that targets the core. This class links yoga and intense core work for the ultimate mind body experience. Sun-salutations are woven with sequences of isolated thigh, arm, and ab work as you build the heat, the reward yourself with a cooling Savasana. Open to all levels.

## Power Yoga

Mind & body strength-building yoga class. This class physically strengthens the body, and mentally strengthens the mind. Specifically targeting breathing and body-control in chaturanga, plank, and preparatory poses for inversions and arm balances. Poses flow quickly from one to the other, so a knowledge of basic yoga poses is suggested. This class will end in Savasana.