

nam RTste

classes | workshops | retreats | coaching

YOGA MEANS UNION.

Union of breath, body and mind.

When we practice Yoga we build somatic awareness which means learning to feel your body or build body awareness.

You are invited inward with curiosity, to get to know yourself intimately.

Learning how your body responds to stimuli, noticing emotions and fluctuating physical sensations.

The Practice is seen as a tool to routinely check in with yourself and your well-being, physically, mentally and emotionally.

VINYASA FLOW

In this practice we connect movement with breath to create continuous flow through yoga asana (postures.) With a focus on alignment and transitions of the fundamental standing and seated postures. You will explore strength, flexibility, endurance and balance as we map the internal landscape.

YIN YOGA

Yin Yoga allows us to work deeply into the connective tissues of the body (fascia and myo-fascia) through extended holds between 2-7 minutes. Longer holds increase circulation and release stagnant energy. Let go and restore with this deeply reflective and gentle practice, bringing the yang of our daily lives into balance and inviting us to fall into a deeper meditation practice.

MEDITATION

Simply put, Meditation is the science of happiness. Learn how to create the perfect conditions for the nervous system to rest and restore through mind and heart meditation. You will learn why we meditate, how to meditate and receive tools and strategies to begin and maintain a home practice.