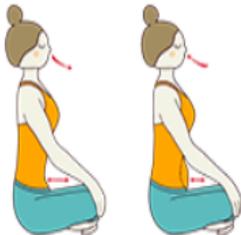


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# GROUP YOGA



*What does a group yoga class look like? When you hire us to hold a yoga class for your chosen group of friends, colleagues, or family...what can you expect? Well, we come to you and set up a relaxing class tailored to your needs! Check out a class layout below so you know what to expect.*



## Centering With Breath

We start class with therapeutic deep breathing exercises. These exercises help to strengthen the lungs, calm the mind, lower blood pressure, and stimulate the lymphatic system. There are many types of breathing we might practice in class. This portion of class lasts for about 5-10 minutes.



## Warm Up

As we begin class we start with simple stretches to limber the body. We might roll out our neck and shoulders, perform simple twists to wring out the spine, and begin to move with our breath heating up our muscles. This portion of class lasts for about 10-15 minutes.



## Flow

The main bulk of the class is centered around moving the body with the breath. Within this flow we typically work out the whole body. We open up the hips and shoulders, wring out the spine, strengthen our muscles, and work on balance. This is the bulk of our class and is very dynamic. This part of class typically lasts at least 25-35 minutes.



## Cool Down/Recentering

To wrap up our session we end on the floor. Slow movements are used to allow the muscles to relax and come back to baseline. Gentle stretches are utilized as we come back to our breath. This portion usually lasts about 5-10 minutes.



## Savasana

Savasana is a time of guided meditation and relaxation. We come to a comfortable position where we can close our eyes as we are guided into relaxing each part of the body and mind.

This portion of the class lasts 5-10 minutes.

We end the class by saying thank you and NAMASTE meaning...

“The light in me acknowledges the light in you”.

