

# Welcome to *Breathe* Yoga Studio

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

[www.ParkwayAthleticClub.com](http://www.ParkwayAthleticClub.com)

| Monday  | Class Descriptions   |
|---|--|
| 9:30am Slow Burn Yoga with LeeAnn M           | <p><b>Gentle/Restorative Yoga</b><br/>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><b>Night/Relaxation Yoga</b><br/>Relax the body and mind with this gentle flow.</p> <p><b>Yin Yoga</b><br/>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><b>Power Yoga</b><br/>Specifically designed to improve muscle strength and cardiovascular endurance. The poses are challenging, and you move from one pose to the next quickly</p> <p><b>Vinyasa Flow</b><br/>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><b>Slow Burn Yoga</b><br/>Slow Burn classes integrate breath and movement, inner and outer alignment, strength and flexibility.</p> <p><b>Yoga For Athletic Recovery</b><br/>is a uniquely structured class that 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. All abilities welcome – athletes and non-athletes alike.</p> <p><b>Mellow Flow Yoga</b><br/>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 Power Yoga with May S                  |  |
|   |  |
| Tuesday                                       |  |
| 8:15am Vinyasa Flow with Jenn V               |  |
| 9:30am Yoga for Athletic Recovery with Jenn V |  |
| 5:30pm Mellow Flow with Sundee H              |  |
|   |  |
| Wednesday                                     |  |
| 9:30am Slow Burn Yoga with Nichole T          |  |
| 10:45am Yin Yoga with Nichole T               |  |
| 4:00pm Vinyasa Flow with Sundee H             |  |
|   |  |
| Thursday                                      |  |
| 8:15am Vinyasa Flow with Jenn V               |  |
| 9:30am Yoga for Athletic Recovery with Jenn V |  |
|   |  |
| Friday  |  |
| 9:30am Gentle/Restorative with Jenn V         |  |
| 10:45am Vinyasa Flow with Sundee H            |  |
| 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 January 01, 2025