

Welcome to Breathe Yoga Studio

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

www.ParkwayAthleticClub.com

		Class Descriptions
Monday		Gentle/Restorative Yoga
9:30am Slow Burn Yoga with LeeAnn M		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.
10:45am Yin Yoga with LeeAnn M		
5:30pm Night Relaxation Yoga with May S		
Tuesday		Yoga Nidra
9:30am Vinyasa Flow with Kayla P		A guided meditation practice that promotes deep relaxation while maintaining awareness. Practiced lying down with minimal movement, it guides attention inward, helping the body reach a state of balance and calm.
10:45am Yoga for Athletic Recovery with Kayla P		
4:00pm Mellow Flow with Marisa B		
Wednesday		Slow Burn Yoga
9:30am Vinyasa Flow with Nichole T		Slow Burn classes integrate breath and movement, inner and outer alignment, strength and flexibility.
10:45am Yin Yoga with Nichole T		
5:30pm Vinyasa Flow with Rikki S		
Thursday		Yin Yoga
9:30am Vinyasa Flow with Katie P		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.
10:45am Yin Yoga with Katie P		
Friday		Vinyasa Flow
9:30am Vinyasa Flow with Lexi D		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.
10:45am Yoga Nidra with Lexi D		
5:30pm Yin Yoga with Tracy H		
Saturday		Night/Relaxation Yoga
9:00am Gentle/Restorative with April E		Relax the body and mind with this gentle flow.
10:30am Vinyasa Flow April E		
Sunday		Yoga For Athletic Recovery
9:30am Vinyasa Flow with Sundee H		is a uniquely incorporates myofascial release techniques and static stretching with yoga poses. Don't let the name fool you. This class will benefit ANYONE who is intimated by the idea of practicing yoga but wants to get in a good stretch.
		Mellow Flow Yoga
		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.
		Download on the App Store
		GET IT ON Google Play



Follow Us On Instagram @Breathe.Yoga.Pilates



Schedule Effective January 01, 2026