**MIND-BODY CLASS DESCRIPTIONS**

**Advanced Beginner Yoga:** Whether you’ve been taking beginners’ yoga classes for a while and feel ready to make the leap to all-levels classes or you’re an experienced yogi who’d like to review the fundamentals, Advanced Beginners’ Yoga is for you. This new, detail-oriented class takes a workshop approach: Every week, we break down the basics of selected yoga poses and sequences, and then incorporate them into our yoga practice.

**Advanced Pilates Mat:** Challenge your core, balance and stamina in this Classical Pilates mat class. Ideal for progressing your Pilates mat practice.

**Ageless Yoga:** (beginner – advanced) Practice a yoga style that helps you contend with the effects of aging, illness or injury. This slower-paced class uses modified poses to accommodate each individual – whether from a chair or from the floor. Ageless Yoga focuses on healing breath and movement. This class is specially geared for those with mobility, balance and strength limitations.

**Alignment-Based Hatha:** (all levels welcome) Get the tools you need to gain knowledge of internal alignment and confidence in building your own practice. Influenced by various yoga styles, particularly Iyengar and Anusara, this is a slow yet challenging class.

**Baby & Me Yoga:** (appropriate for families with pre-crawling babies, all levels welcome) Grow closer as a family as you relax, stretch, improve muscle tone and recondition your body in this family-friendly yoga class. Babies make friends too!

**Core & Stretch:** Combine breathing techniques, classical yoga and core awareness to strengthen your core, increase flexibility and improve balance.

**Feldenkrais:** (low intensity, all levels welcome) Improve posture, relieve stress and feel energized. Increase flexibility and improve coordination. Small, controlled movements help overcome muscle tightness and pain. Feldenkrais is a method that helps you function better in everyday life and achieve your best results when exercising, during rehabilitation or in training for a particular sport.


**Gentle/Restorative Yoga:** (all levels welcome) Excellent for first-timers or those returning to a yoga practice. Quiet your mind as you gently stretch, relieve stress and experience the meditative aspects of yoga.

**Hatha Flow:** (intermediate – advanced) Relax while you increase your energy through a physically demanding yoga practice. A combination of Sanskrit terms ha (sun) and tha (moon), hatha means “forceful” and includes powerful poses that help purify the body. Both the static and linked poses incorporate breathing and relaxation techniques. Not recommended for beginners.

**Iyengar:** (all levels welcome) Gain flexibility and strength while becoming more attuned in mind, body and spirit. Inversions and long-held poses (not a flowing style) are particularly useful for achieving a meditative, reflective state of being. Props are used to help you maintain perfect form. Based on the teachings of Sri B.K.S. Iyengar.

**Open Studio:** Use quiet time in the Mind-Body Studio to meditate, practice yoga, hang from the wall ropes or just stretch on your own. Open studio time is unsupervised.

**Pilates Mat:** (beginning – intermediate) The perfect introduction to Pilates. Create lean, long muscles as you improve your flexibility, posture and skeletal alignment. Pilates mat work targets core muscles through exercises and stretches.

**Pilates and Yoga Ropes:** (all levels welcome) Develop elegance and balance while building muscle and strength. This class features movements that engage and strengthen the core by working with yoga ropes.

**Prenatal Yoga:** (appropriate for any stage of pregnancy, partners welcome) Prepare your body for labor and join a fun, caring community. To help you embrace your body’s changes, prenatal yoga adapts to your needs each day of class.

**Power Yoga:** Build heat by challenging yourself to hold strong poses and then flow gracefully to the next pose. Power yoga increases core strength, improves muscle tone and raises your energy level. Recommended for yogis with some experience, this powerfully athletic practice leaves you feeling refreshed, focused and ready to face life’s challenges with ease.

**Qi Gong:** (all levels welcome) Reduce stress and increase stamina through movement and breath. Qi Gong pairs varied breathing patterns with changing physical postures.

**Relax & Renew® Restorative Yoga:** (beginner – advanced) Excellent for those with insomnia or difficulty sleeping. Slow down, replenish and feel refreshed. Comforting, passive poses are supported by props and held for long periods of time. Studies show that even 20 minutes of restorative poses can refresh the mind and body as effectively as eight hours of sleep. Instructor certified by Judith Hanson Lasater, PhD.

**Supportive Cancer Care:** (all levels welcome) This comforting class helps cancer patients feel empowered to improve their quality of life, practice graceful day-to-day living and stay on a path to recovery and wellness. Practicing therapeutic yoga, exercise, meditation and guided imagery reduces fatigue, stress and lymphedema and may boost energy and create better sleep patterns. (Fee to the public)

**T’ai Chi:** (all levels welcome) Learn to achieve balance and calm. Increase your energy and improve overall health. Described as “meditation in motion,” T’ai Chi coordinates slow, graceful movements, breath and relaxation. Great for people of all ages.

**Vinyasa:** (intermediate – advanced) Build stamina, strength and flexibility. Vinyasa means “breath-synchronized movement.” This style of yoga involves dynamic poses strung together in a continuous flow for a strength-building, cardiovascular yoga workout. Not recommended for beginners.

**Yin Yoga:** Yin Yoga focuses on the connective tissue – in yoga practice, it’s the yin to the muscles’ yang. In this workshop, you will learn to hold poses for an extended period (3 – 5 minutes) with muscles relaxed, allowing the connective tissue to take the “stress of the stretch.” Class begins with a warm-up designed to assist the body and mind in discovering joy, and emphasizes breath work and stillness to create a deep sense of calm and relaxation. Yin Yoga is a wonderful complement to other forms of yoga or exercise. All levels of experience welcome.

**Yoga for Beginners:** (beginner) A perfect introduction or refresher. Learn fundamental poses and develop breath awareness. Focusing on alignment aspects of yoga, the class moves at a pace designed to prepare you for mixed or intermediate level classes. Advanced Beginner classes introduce inversions and inversion preparations.

**Yoga Ropes:** (all levels welcome) Build agility and strength of body and mind by incorporating ropes into your yoga practice. Rope work, or yoga korunta, is a dynamic and playful part of the iyengar tradition. By transforming one’s relationship with gravity, the ropes assist in focusing on specific parts of the body, refining the dynamics within a pose and going beyond habitual limits. Explore standing postures, forward bends, back bends, twists and inversions.

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Please keep in mind:
- NO SHOES ALLOWED IN STUDIO. Please use shoe cubbies provided in waiting room.
- If class is full, instructors have the right to turn participants away.
- Be on time to ensure your spot in the class and avoid disrupting classes.
- Do not enter the studio while class is in session. At the instructor’s discretion, a five- to ten-minute grace period for late admittance may be allowed.
- Please refrain from wearing unnecessary fragrance. We are a scent-free environment.
- Live updates and teacher substitutions for group fitness classes are listed online at jccsf.org/fitnessschedules.
- Practice the art of n’kiyut (cleanliness) when putting away props and equipment.

For live updates and schedule changes, be sure to check the JCCSF Fitness App.

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