MIND-BODY CLASS DESCRIPTIONS

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 YOGA: (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.

DYNAMIC QI GONG: (all levels welcome) Enhance your relaxed alertness, balance, focus and coordination with two practices from the ancient art qi gong – Heaven-Earth Breathing and Swimming Dragon – a great complement to your aerobic and strength routines.

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 sports.

FLOW & YIN: (all levels) Prepare first to gently warm up the body with dynamic vinyasa movement, and then move into a more passive yin practice that works on releasing the deeper connective tissue of the body.

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.

GENTLE YOGA & MEDITATION: Soothing meditation and accessible yoga poses combine to help open muscles and increase the physical, spiritual and mental benefits of the practice.

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.

IVYENGAR: (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 RESISTANCE: Simulating the reformer with Spri cords against the wall, you can expect a more intense intermediate-advanced Pilates mat class.

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.

RECOVER & REBUILD YOGA: No matter your condition, this comforting class helps you feel empowered to improve your quality of life, practice graceful day-to-day living, and stay on the path to recovery and wellness. Practicing therapeutic yoga, classic exercise, meditation and guided imagery reduces fatigue, stress and lymphedema. This class can also assist in boosting energy and creating better sleep patterns.

RESTORATIVE YOGA*: (all levels welcome) 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. “Last Friday of every month is taught by Vanessa VerLee and accompanied with singing bowls by Jeremy Rourke.

TAI 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.


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 BASICS: This is the perfect class for students who are either new or returning to the practice of yoga. The pace will be gentle as you learn the foundational yoga poses that will prepare you to advance to Vinyasa and Hatha Flow classes.

YOGA LAB: (all levels welcome) In this workshop style you can expect to learn about the anatomy of yoga poses by focusing on a specific area of the body each week. This class is great for seasoned yogis looking to go deeper into body mechanics as well as new practitioners learning to safely move in the yoga room.

Please keep in mind:
- NO SHOES ALLOWED IN STUDIO. Please use shoe cubbies provided in waiting room.
- If a 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.
- Do not bring your cell phones to class or use them in the Mind-Body Studio Lobby.

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

Last updated 11/19/19