

# MAC Yoga

## **A Yoga Education**

All our classes will educate you about yoga but these classes go further in depth with knowledge of alignment, anatomy, and the breath. Dive deeper into your practice for a keener awareness of your body and mind.

**HATHA YOGA:** Hatha is an alignment-oriented practice that emphasizes the forms and actions within yoga postures. Traditional asanas are held in accurate alignment. Emphasis is placed on core strength, flexibility and balance as well as concentration and breath control. This class is based on physical postures (asanas), deep breathing, mindfulness and listening to the body. Within this framework, the class is sometimes taught as flow but also can pause to work on alignment. (Level varies depending on class)

**YOGA 101:** Discover the practice of yoga in our beginners-only classes. Yoga 101 caters to newbies, focusing on the basics. Here's what you need to know before you go: It's always advisable to avoid eating right before yoga, wear clothing that allows freedom of movement in the body, and leave your shoes at the door. Show up prepared to move. Yoga stretches and strengthens the body through a series of postures in which you support your own weight and focus on conscious breathing—both of which can be more challenging than they sound! Luckily, you have a luxurious rest (called Savasana) at the end of class to look forward to. You'll walk out feeling embodied, empowered, energized, and (we hope) eager to come back! (Level varies depending on class)

**IYENGAR:** Named for yoga master Sri B.K.S. Iyengar, Iyengar yoga classes move thoughtfully through traditional postures. Holding poses longer allows time to carefully dissect correct alignment and very precise actions in the body, often with the help of props. Subtle instructions that at first may seem inaccessible can wake up the furthest reaches of the body with consistent practice. Come prepared to learn, pay attention, and follow specific instructions as you open and strengthen your body and mind. (Level varies depending on class)

# MAC Yoga

## **Faster Flows**

These classes will focus on a vinyasa style of yoga, stringing postures together so that you move from one to another, seamlessly, using breath. They will leave you feeling strong, lengthened and balanced.

**ASHTANGA YOGA:** A dynamic, flowing style of yoga synchronizing breath & movement through a set series of postures. These postures help develop strength, agility, & stamina in students while also increasing flexibility. Modifications are taught for all postures, making the practice accessible to both new & experienced students. This class is a beginning to intermediate level class. (Level varies depending on class)

**POWER FLOW:** An intermediate/advanced Yoga practice with faster flow and movement. This vigorous and energizing practice focuses on building strength, serenity, flexibility and balance, emphasizing the linking of breath with movement. Advanced poses are introduced with appropriate modifications. (Level varies depending on class)

**VINAYSA FLOW:** A dynamic system of practicing asanas (poses). Yoga postures flow in a logical sequence. Each position complements those that precede and follow. This practice focuses on the synchronization of breath & the continuous flow of movement. Vinyasa is a strong practice that builds heat, endurance, flexibility, strength and mental focus. (Level varies depending on class)

# MAC Yoga

## **Slower Stretch Focused Sessions**

Balance your practice and that busy schedule with one of our slower sessions. Slower doesn't mean easy! Focus on the postures, get deeper into the stretches, and harness that breath to help you release that everyday tension.

**BASIC FLOW:** A slower-paced flow class geared towards those new to yoga or preferring a class with more focused instruction with time spent in each pose on proper alignment. Time is spent breaking down sun salutations and other poses fundamental to a Vinyasa practice. Props and modifications offered for proper alignment and ease in the postures. (Level varies depending on class)

**GENTLE YOGA:** A restful, calming class including breathing, gentle flowing movements, passive and supported poses. These extremely accessible classes are an ideal choice for anyone looking to develop a practice of conscious, mindful movement with some support – from seniors, those working with injury or limited mobility, world-class athletes or those who prefer a softer, gentler approach to yoga. (Level varies depending on class)

**STRETCH:** Stretch is an active stretching class that targets primary muscle groups surrounding the hips, hamstrings and upper back. Living in a forward facing, seated world, these areas tend to be tight for everyone. Tight muscles can cause imbalance and pull the body out of alignment. Gain muscle balance, reduce tension and increase range of motion by incorporating flexibility into your fitness routine. (Level varies depending on class)