

Welcome to Authentic Fusion Yoga!

Your studio for nurturing, mindful, and accessible yoga. Beginners are welcome to all AFY classes. The door is open 15 minutes prior to the start of class. Yoga mats and props are provided. Classes are listed in the general order of exertion. **New local students can purchase a Welcome Pass- 3 for \$30!**

Yoga Nidra- Release accumulated tension through a guided relaxation method of inducing deep physical, mental, and emotional relaxation while lying down supported by blankets and props for comfort. Some Sound Nidra sessions will be offered. 60 minutes. Zero exertion.

Restorative Yoga- Relax the body, mind and nervous system to nurture, restore, explore and care for one's self. Passive floor postures with maximum props for support. Poses are held from 10-20 minutes to encourage relaxation. 60 minutes. No exertion, passive stretches.

Women's Relax & Restore Yoga- Nurture yourself with this quiet yoga practice to calm your nervous system, release stress, and recover from life's transitions and challenges. Meditation & gentle poses. It does not require any physical fitness or knowledge of yoga. 60 min. Minimal exertion.

Gentle Yoga- Accessible movement practice that includes stretching and strengthening, appropriate for beginners or experienced yogis with most poses on the floor or in a chair. Adaptable for every body. 60 minutes. Minimal exertion.

Yin Yoga- Yin is a quiet floor practice targeting the connective tissue and joints, especially the hips, lower back, and spine. Poses are held for 3-5 minutes. Flexibility is not required to benefit from this deep stretch practice. May be combined with Restorative. 60 min. Low to Moderate exertion.

Chair & Balance Yoga- Seated and standing poses to improve strength, posture and balance. Body awareness, breath and relaxation practice. No floor poses. 60 minutes. Low exertion.

Relax & Flow Yoga- Great for beginners and for those who prefer less cardio style practice. Body-breath awareness includes flowing & static yoga poses. Energize, release stress, discover personal strength and rhythm. 60 minutes. Low to Moderate exertion.

Hatha Vinyasa Flow Yoga- Body-breath awareness, includes flowing & static yoga poses. Energize, release stress, discover personal strength and rhythm. 60 minutes. Moderate exertion, more flow than Relax & Flow.

TRX & Core- Strengthen, Tone, Balance, Stretch & build endurance with TRX (wall straps) followed by Floor Core. 50 min. Moderate exertion.

Yoga & TRX- Yoga and TRX for balance, strength and deepening into yoga postures. A FUN practice great for diversifying your fitness while maintaining a yogic focus on breath, alignment, and the integration of body, mind, and spirit. 60 min. Moderate exertion.

Strength & Balance Yoga- Many standing postures to build balance, strength, and stamina. Appropriate for all, work at your own level with guidance. 60 minutes. Moderate exertion.

Kundalini Yoga- Welcome to the Yoga of Awareness, as taught by Yogi Bhajan- combines physical movement, breathwork, mudra, chanting, and commanding the mind towards the goal being Happy, Healthy and Holy. Beginners welcome. 90 minutes. Moderate to Vigorous exertion.

Classical Pilates Mat- Balance all muscle groups' strength and flexibility, emphasis on core muscles with this challenging yet safe method. Adaptable to all levels. 50 minutes. Minimal to vigorous exertion.

GYROKINESIS®- Awaken, invigorate and breathe through circular and spiraling movement patterns to open, lengthen and strengthen the spine and all other joints. Adaptable for all levels. Minimal to vigorous exertion. 50 minutes

Dance Temple Workshop- A safe space and open dance floor for you to explore different rhythms, patterns of movement and your inner journey. The healing and artistic nature of movement is acknowledged; recognizing that fun, play and humor are vital to this practice. All levels welcome! 90 minutes.

BOOK and Pay online at

www.authenticfusion.com

\$18 Drop-in, \$129 Unlimited. Packages available. Check out our website for teacher bios. Namaste!