

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. Please confirm schedule online at AuthenticFusion.com

Meditative Relaxation- Experience the release of physical, mental, and emotional tension through guided relaxation methods. Each week features a meditative practice such as Guided Visualization, Sound Relaxation, Body Scan, Breath Meditation, Mindfulness Practices or Nidra. 60 min. Zero exertion.

Restorative Yoga- Relax the body, mind and nervous system to nurture, restore, explore and care for one's self in this meditative practice. Passive floor postures using props for support. Poses are held from 5-20 minutes to encourage relaxation. 60 min. No exertion.

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 floor and standing poses. Adaptable for every body. 60 min. Low exertion.

Balance, Posture & Core Yoga - Specialized Seated and Standing poses. We practice from a chair and standing, utilizing props, and TRX training straps. Develop strength, flexibility, and body & breath awareness to improve posture and balance with a closing meditative relaxation. No floor poses. 60 minutes. Low exertion.

Slow Flow with Yin- Slow and gentle flowing movements with longer held yin poses to build strength while improving range of motion. 60 minutes. Low exertion.

Yin Yoga-A meditative 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. 60 min. Low to Moderate 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.

Strength & Balance Yoga- Many standing postures to build balance, strength, and stamina. 60 minutes. Low to Moderate exertion.

Yoga for Healthy Aging- All will benefit from this well-balanced practice aimed at improving wellness. Movements and poses to enhance strength, flexibility, balance & agility. Includes breathing and mindfulness practices. 60 minutes. Low to Moderate exertion.

TRX & More - A full TRX strength and stretch practice followed with a combo of yoga, core & restorative. 60 minutes. 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.

Flow - Body-breath awareness, includes flowing & static yoga poses. Energize, release stress, discover personal strength and rhythm. 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 min. Moderate to Vigorous.

Dance Temple Workshop: SUN APRIL 12, 10:30 - Explore different rhythms, movement patterns, and your journey through the healing and artistic nature of the movement. All Welcome. Lucy, 90 min. \$15-\$25

Healing Sound Bath Meditation- Saturday 3/21 5:15p- Relax so deeply healing begins, as the sound of crystal & Tibetan singing bowls fills space and mind during this healing meditative session with Heather. Join us! \$29

Offering Self-Awareness & Stress Reduction Practices while respecting Social Distancing guidelines

Authentic Fusion will continue to support our community through semi-private and private yoga and meditation practices. **Sessions are limited to a maximum of 4 students to ensure safe distances and, pre-registration is required.** Please register online. AuthenticFusion.com/schedule

Teachers are also available for 1-on-1 private sessions.

Review our wellness & cleaning procedures here:

www.AuthenticFusion.com/studio-wellness

BOOK and Pay online: AuthenticFusion.com All levels welcome.

\$18 Drop-in for classes. Reduced-Rate Multi-Session Packages available . Namaste!