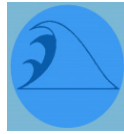




# GAIA FLOW YOGA CLASS DESCRIPTIONS



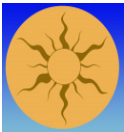
## ***Ocean Flow***

Ocean is designed to strengthen the cardiovascular system, stimulate the metabolism, and jump start the immune system. It is fun and exhilarating! Great sweat!



## ***Mountain Flow***

Mountain is a purposeful, slow, power based practice to strengthen the body, mind and spirit. Empowerment on all levels - body, mind and spirit.



## ***Desert Flow***

Desert is a challenging meditative practice designed to unwind the mind, unravel the body, and open the heart. Working on flexibility? This is your practice!



## ***Weekend Warrior***

Weekend Warrior is a challenging practice that focuses on endurance, strength and flexibility. Great weekend sweat and detox!



## ***Gentle Waves***

Gentle Waves is a perfect beginners practice. This practice moves slow and includes lots of verbal cuing and meditative pauses. All levels welcome to this healing practice!

[www.GaiaFlowYoga.com](http://www.GaiaFlowYoga.com)  
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