



*love is why*

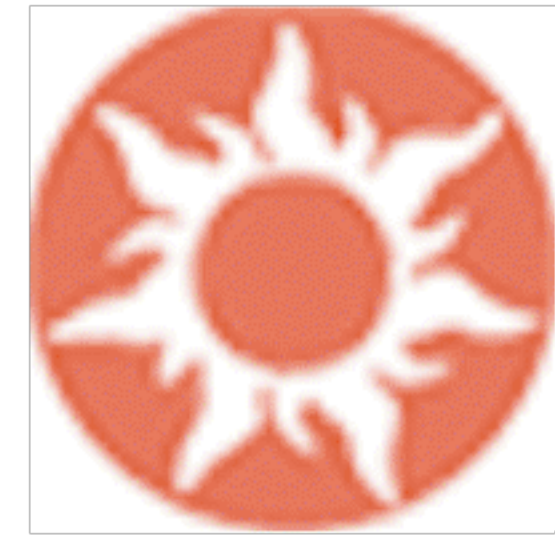
## GAIA FLOW YOGA CLASS DESCRIPTIONS:



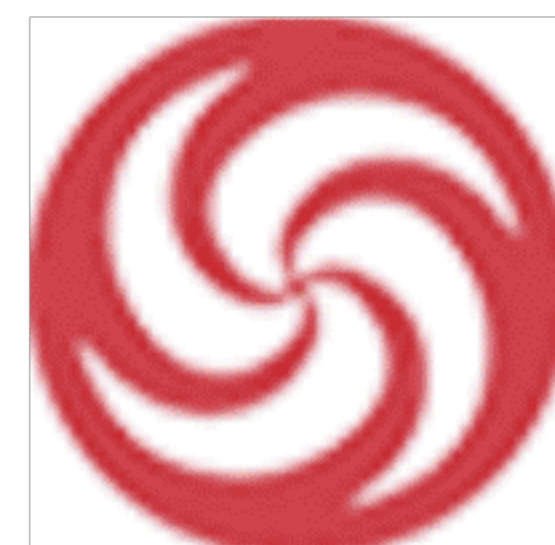
**OCEAN FLOW:** Ocean is a **faster paced vinyasa flow that stimulates your metabolism** and emphasizes cardiovascular conditioning and endurance. This is a **multi-level class with many variations** designed to take your practice to the next level.



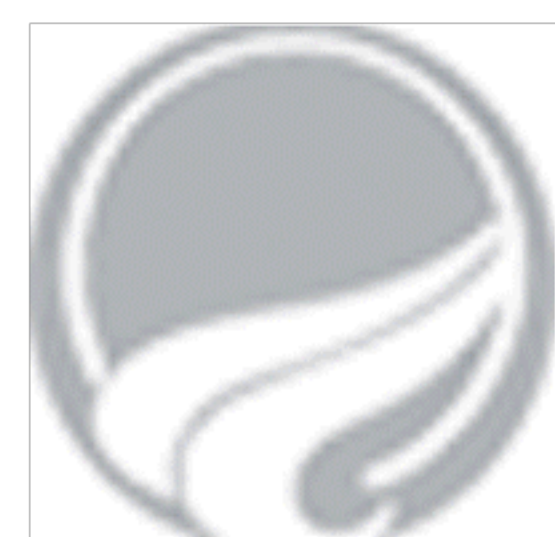
**MOUNTAIN FLOW:** Mountain is a **fun power based vinyasa flow that increases strength** and improves technique and form. This **workshop style practice breaks down the poses** and utilizes the wall to explore exciting variations and make challenging poses more accessible.



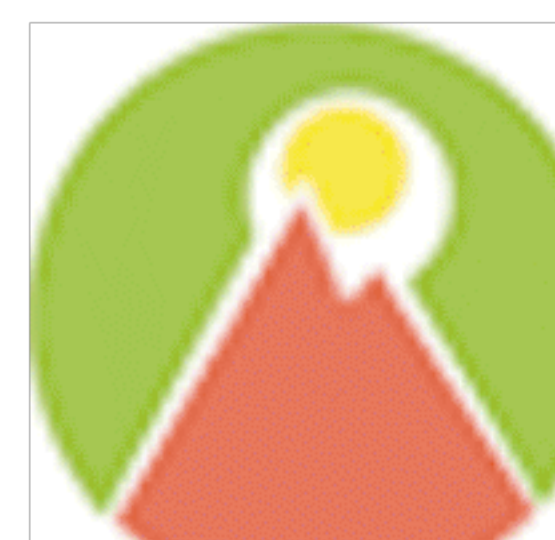
**DESERT FLOW:** Desert is a **slow paced vinyasa flow focused on flexibility and detoxification** with twists, binds, holds and balancing poses. The format of Desert allows both new and experienced yogis to find new openings.



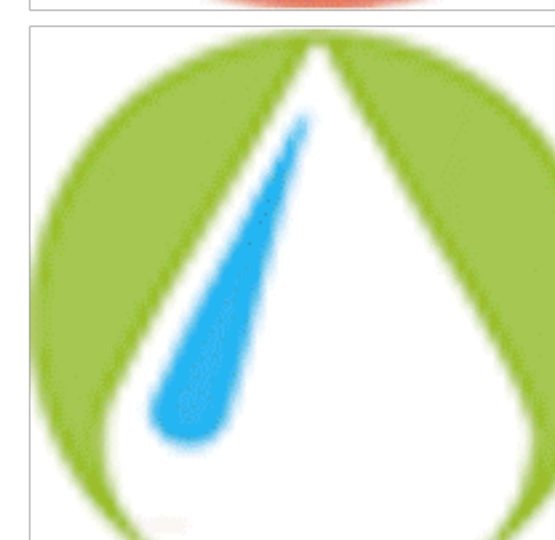
**WEEKEND WARRIOR:** This **fun and dynamic 90-minute vinyasa flow is a combination of Ocean, Mountain and Desert.** This practice is designed to encourage dedicated yogis to explore beyond comfort zone where transformation is available.



**GENTLE WAVES:** Gentle Waves is a healing and meditative vinyasa flow that is **great for those new to yoga** and for the more experienced yogis ready to slow down, heal and find balance. The primary intention of this practice is to **explore and refine foundational poses.**



**SUMMIT:** This **90-minute invigorating Ashtanga style practice** is designed to improve and **supplement all other Gaia Flow Yoga practices.** The format of this practice **offers more personalized adjustments and opportunities** to explore new poses and fun transitions. **Recommended for yogis who are comfortable in Ocean, Mountain and Desert practices.**



**STILL WATER:** Still Water is a soothing **Yin style (passive release) practice with enjoyable floor poses that heal and open the body.** This meditative practice is **perfect for new and experienced yogis** working on flexibility and openings. The longer passive holds and the use of props provide deep release, healing and relaxation.