



# Blue Sun

## Yoga & Meditation

**AcroYoga** - This is a partner-based practice that fuses the wisdom of Yoga, Acrobatics, and healing arts such as Thai Massage. The foundations of the practice are connection through community building, trust, self-empowerment, radical self-acceptance, and play! It is a great way to build strength, agility, and confidence all while exploring new heights! No partner necessary. Everyone is welcome; however, AcroYoga Fundamentals is recommended.

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**Fundamentals** - This is the starting point from where you build your practice. Whether you are new to yoga, or you want to deepen your roots, this is the perfect class to develop or revisit essential techniques to grow your practice. You will learn fundamental alignment, breath mechanics, mindful movements and relaxation techniques. Strength, growth and limitless potential begins with strong foundations. Everyone welcome.

**Gentle Flow** - An alignment based vinyasa flow class that combines breath awareness and therapeutic postures into a moving meditation. Props are utilized to make transitions comfortable and accessible to everyone, so that you can experience the balancing actions and restoring benefits of yoga, without pain and discomfort. Everyone welcome.

**Gentle Yoga** - Gentle Yoga combines breath awareness and therapeutic postures into a moving meditation. Props are used to make transitions comfortable and accessible to everyone, so that you can experience the balancing actions and restoring benefits of yoga, without pain and discomfort. Everyone welcome.

**Mindful Flow 1** - An alignment based vinyasa flow class that combines breath awareness and therapeutic postures into a moving meditation. Everyone is welcome; however, Fundamentals is recommended.

**Mindful Flow 1/2** - This alignment based vinyasa flow class combines breath awareness and therapeutic postures into a moving meditation. It's more rigorous, and might include hand-balances and inversions, however, modifications are given. Everyone is welcome; however, Fundamentals and previous Level 1 experience is recommended.

**Mindful Flow 2** - A more rigorous class that might include hand-balances and inversions, however, modifications are given. Mindful Flow 1 recommended.

**Restorative Yoga** - This class is the antidote to stress. The intention is to calm the central nervous system by tapping into the parasympathetic nervous system, stimulating the relaxation response. In this state, stress is reduced, which promotes the immune system, and all of the systems of the body, to function better. You will practice relaxation and guided meditations in reclined postures, comfortably supported by props, in order to reach deeper levels of balance and equanimity. Humans are naturally self-regulating and self-healing. Give your body the time and space necessary to do so. Everyone welcome. The faster your life, the more you are encouraged to come.