

Heart Strides - Humbled Warriors Yoga

Class Schedule & Descriptions

Monday 7-8 pm Yin Yoga

- Yin yoga is a quiet, meditative practice with long, deep holding of passive poses. Using mindful muscle relaxation, yin postures target the connective tissue nourishing joints, ligaments, and fascia promoting the healthy flow of chi (energy). The Yin practice is a wonderful compliment to more vigorous yoga practices or activities such as running, cycling, and hiking. *This practice is suitable and encouraged for all levels of practitioners.*

Thursday 7-8 pm Yoga Nidra & Vibrational Sound Bath

- In a relaxing environment, you will be guided through a sequence of gentle somatic movements to release tension and prepare the body for deep rest. You will then find a comfortable position, giving yourself permission to completely let go and relax your body and mind with awareness. *All levels welcome.*

Saturday 9-10 am Deep Stretch & Flow

- **this is the most active class on our Heart Strides menu and requires the ability to get up and down off of the floor with ease**
- Enjoy the feeling of rejuvenation that arises from a deep stretch practice as you slow down, move from noise to silence, from agitation to calm, from complexity to simplicity. Our deep stretch class begins with a short, grounded flow to gently warm up the body, and is followed by passive holds of 1-4 minutes. *This practice will help to create ease in the body and is a great option for runners, cyclists, or anyone dealing with muscle tightness or tension.*

Sunday 5-6 pm Renew & Restore

- *Explore the grounding wonders of rest with this highly effective form of Yoga which utilizes postures that are designed to restore the body and mind in a very gentle way. Class begins with pranayama and some gentle movement to warm up the body, then the majority of class is spent in deeply restorative postures that reboot the parasympathetic nervous system, unravel layers of tension in the body, and invite a profound inner experience for your whole being. Regular practitioners experience ease of joint pain, better sleep, mental clarity, and more. All levels welcome.*

Online Videos

- These videos include a wide range of classes, including more active practices, meditation and pranayama (breath practices)
- https://youtube.com/playlist?list=PLZhNMMTwyVldrC_67tM-a6RpkEthGuAdX