



In this sacred space of practice, each class invites you to return to the truth of your own inner light. The journey begins with Early Morning Sunrise Yoga, where the soft glow of dawn becomes a mirror for awakening within. As the world stirs gently, you move with intention, breathing in the first colors of the day, allowing stillness and clarity to guide your step into the hours ahead.

From this place of presence, you may drift into the profound healing of Yoga Nidra, the yogic passageway between waking and dreaming. Here, resting fully supported, you are guided through layers of consciousness, releasing the tightness of the body and the burdens of the mind. It is a return to deep inner silence—a remembering of the peace that exists beneath all noise.

For those seeking connection and courage, Acro Yoga becomes a dance of trust. Supported by another's strength, you lift, balance, and fly, learning the sacred art of surrender and support. In shared movement, hearts open, boundaries soften, and the playful spirit of community comes alive.

The flowing rhythm of breath leads you into Vinyasa Flow Yoga, where movement becomes prayer. Each inhale and exhale weaves the body into a seamless river of strength and grace. This practice teaches presence, reminding you that life itself is a series of transitions, each one an opportunity to return to yourself.

Through Ashtanga Yoga, discipline becomes devotion. Following the traditional sequence, breath and posture unite in a steady, meditative rhythm. The challenge becomes sacred work—an exploration of endurance, patience, and the deeper layers of self-awareness that arise through repetition and commitment.

Finally, Hatha & Nidra Yoga invites you to ground and dissolve simultaneously. Gentle postures align body and breath, preparing you for the sweet descent into Yoga Nidra's restorative embrace. Here, body and spirit rest together, guided toward renewal, clarity, and inner softening.

All these practices, different in rhythm yet united in purpose, offer portals back to your essence. Each class is an invitation to listen, to breathe, and to remember the quiet wisdom that unfolds when the body moves and the spirit awakens.

And our Yoga instructor will be happy to guide you gently and intuitively toward the practice that resonates most deeply with your heart.