

Yoga Class Descriptions

Level 1 Yoga

Accessible to newcomers to yoga and a wonderful practice for experienced yogis, this class offers a gentle meditative practice with strengthening, stretching, and balancing. We will focus on the breath and stress relief. Relaxing and restorative yoga practice for the start or end of the day.

Open Levels Vinyasa

Open to all levels, this vinyasa practice features flowing movement. Modifications will be offered so that students can tailor the class to meet their specific needs.

Vinyasa Flow Level 2

An intermediate level yoga class for those who would like a more challenging practice. Series of flowing and energetic poses linked with the breath, focusing on increased strength and endurance, with the added benefits of flexibility, balance, and stress relief. Experienced students are welcome to modify the class to meet their specific needs.

Fast Vinyasa Flow

This class is intended to stretch warmed up endurance athletes after a run or spinning class. It features flowing movement and a challenging featured pose to learn each month.

All classes are for 75 minutes, except Saturdays, which are 60 minutes and Thursday Fast Vinyasa Flow which is 30-45 minutes.

***WEATHER CANCELLATION POLICY

For weekday morning classes, if BCSC has a delay or closing, yoga class is cancelled. For evening and weekend classes we will notify the front desk of any cancellations 45 minutes prior to the start of class.