



NIYAMA
YOGI
TRAVELER

YOGA

CLASS DESCRIPTIONS



- **Yin Yoga**

Yin yoga helps to open the hips, hamstrings and connective tissue. Poses are held for 3-5 minutes thus allowing for a deep release and increase in flexibility. Students will explore asanas designed to promote stillness, clear energy blockages and increase circulation.

- **YogaCore**

In this class, practice yoga with an awareness of core strength and stability to enhance comfort in your yoga practice and in life. The "core" of the human body is located between the pelvic floor and diaphragm. The abdominal muscles are just one part of the core body which is a three-dimensional whole that works together to support your spine and allow you to move in multiple planes of movement with comfort and stability every day. If we are practicing yoga postures correctly, especially standing poses, we are engaging, activating, and strengthening our core with no sucking, tucking, or gripping necessary.

- **Yoga for Runners + Athletes**

This class will explore how yoga can become a wonderful complement to your running program. Yoga not only provides a much needed stretch for runners, but also focuses on creating stability around the joints that carry us down the road. Students will be led you through a flow that will create more balance and focus specifically on muscles that are overworked or underused during running.



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We believe that this is the perfect place to begin or to return for a fresh perspective on yoga. Explore to gain comfort and confidence in something new or strengthen the foundations of your existing practice. Our sessions are tailored for all fitness levels. From the absolute beginner to the most advanced, all are welcome! These class sessions are taken virtually, in-person, or hybrid, are between 30 and 60 minutes, and can include up to 100 participants.

- **Chair Yoga**

Class encourages gentle movement from the chair and guided mindfulness techniques designed to support this beautiful stage of life.

- **Desk Stretches for Better Posture**

Release tension in your neck, shoulders, hips and back so you can sit tall and breathe deep.

- **Fancy Poses for Stiff Bodies**

We cannot tell you how often we instructors hear "I'm too stiff to do yoga." Do you also say you're too tired to go to bed or too hungry to eat? This class looks at ways to make "fancy poses" more accessible to stiffer, tighter bodies. We encourage students to pause as much as necessary and go at their own pace to find their best versions of challenging poses.

- **Focus + Center Meditation**

Guided relaxation techniques to calm and reset. Perfect for your morning, lunch break, or to end the work day.

- **Meditation for Grief**

Provides a supportive, neutral environment for students experiencing loss with space to process grief through a guided meditation.

- **Let It Go + Flow Yoga**

Class consists of a physical practice that includes twists, backbends on the stomach, forward bends, and extensions - to help cultivate the assimilative force ("samana") and build digestive fire. Class will conclude with a deeply relaxing savasana followed by a meditation to help build samana. This class will leave you feeling clear, motivated, and centered on navigating your place in the world.

- **Relax + Stretch**

Combines gentle stretches, slow flow for hips, shoulders and back, ending with meditation. Leave feeling relaxed and refreshed!

- **Restorative Yoga**

Restorative Yoga is a completely quiet, effortless form of yoga designed to impact, in subtle yet powerful ways, the mind and body. In this fusion class, gentle movements for maximum relaxation will be incorporated. Most postures are practiced either sitting or lying down. During the class, the body is completely relaxed and supported by props such as bolsters, blankets, and blocks.

- **Yoga for Strong + Healthy Shoulders**

Your shoulder joints are made to move the arms through a huge range of motion. We do this in yoga practice, but we also bear weight on the arms: When doing sun salutations, inversions and arm balances, it's critical to honor your current strength level in order to maintain proper alignment and space in the shoulder joints. You'll learn how to do that in this class.