**Vinyasa Yoga**

This practice is the synchronization of breath and movement which allows a smooth transition from one pose to the next. Vinyasa Yoga is offered in a non-hot or hot environment. Non-Hot Vinyasa Yoga is performed in room temperature. Hot Vinyasa Yoga is performed in a heated room (98-103 degrees). The heat creates warmth in the muscles which allows your body to move with more ease from pose to pose.

**Yin Yoga**

A Yin yoga class usually consists of a series of long-held, passive floor poses that mainly work the lower part of the body – the hips, pelvis, inner thighs and lower spine. These areas are especially rich in connective tissues. The poses are held for up to five minutes, sometimes longer.

What are the benefits of Yin Yoga?

Yin yoga stretches and targets both the deep connective tissues between the muscles, and the fascia throughout the body. The aim is to increase circulation in the joints and improve flexibility as the poses stretch and exercise the bone and joint areas. It also helps us to regulate the body’s flow of energy.

**Vinyasa/Yin Yoga (Vin/Yin)**

This practice will incorporate Vinyasa and Yin Yoga.  Yin Yoga practice goes deeper than the superficial or muscular tissues; it targets the connective tissues and fascia, ligaments, bones and even the joints. Yin Yoga moves at a slower pace with postures that are held for longer periods of time. Incorporating a Yin practice is the perfect complement to the dynamic and muscular (yang) styles of yoga.

**Kundalini**

This practice led by Agnes Tengerdy. It is also called the yoga of awareness because in the Aquarian age it is the fastest way to elevate our consciousness. It is based on quantum technology and a fun, save way to shift us from sleeping to a fully awake state where we can use our full creative potential consciously.