



AT CASHEW HILL

6.000 col | Drop-In

**CHAKRA FLOW:** Journey through the Chakras with this Vinyasa based flow followed by a peaceful meditation.

**DETOX FLOW:** Unwind from a weekend (or week) of indulgence to get back into your body. Expect deep twists, breath work or deep hip work to detoxify from the inside out

**HOT JUNGLE FLOW:** A strong and passionate Vinyasa flow with a steady pace that will leave students feeling grounded, energized and more connected to a powerful and peaceful self.

**FLOW HOUR:** Do you want to work on your own personal practice AND enjoy the energy of practicing with others? In that case join us for Flow Hour! We'll put on some tunes and let you move the way your body needs.

**KARUNA FLOW:** Vinyasa based on functional alignment. Karuna means "compassion" in Sanskrit. Be kind & loving to your body & spirit through movement that is meant for your unique form.

**POWER FLOW:** A strong class for building a strong body and mind.

**RESTORATIVE YOGA & SOUND HEALING:** Give your body and nervous system a rest with all the benefits of restorative yoga and the healing properties of sound.

**SHAKTI FLOW:** This class incorporates various styles of yoga to activate and cultivate the feminine energy within

**SLOW FLOW:** Take it down a notch, get up and move while keeping a mellow pace and a slower smolder.

**VINYASA YOGA:** Vinyasa means to put or place in a sacred way. Get moving, build heat, be kind to your body!

**YIN & MYOFASCIAL RELEASE:** Take the sweet surrender of Yin Yoga and add in the soft tissue work of MFR. This alternative therapy can aid in pain relief, improving mobility and increase flexibility. Use tennis balls to get deep into stuck tissues!

**YIN YOGA:** Slow, long held stretches get into your joints and connective tissue. Take the mental challenge of meditating in shapes.

**YIN-VIN:** A combination of yin yoga for deep release in the connective tissues with yang yoga (vinyasa flow) to build strength and length. An excellent balance of our two energies!

**YOGA TONE:** Build your physical and mental strength by combining dynamic stretching and powerful poses to challenge and empower your practice. Feel the connection to your own personal power.

*200 hr Yoga Teacher Training:* **JULY 22 - AUGUST 14**

SELF-INVESTMENT of Only \$2,895 USD\*

*Caribe*  
YOGA ACADEMY

UPCOMING ADVANCED LEVEL 2018 TRAININGS:

**August 15 to 22** - Slow Motion: Yin Yoga, Fascia and Functional Anatomy

**August 23 to 29** - Yoga Touch: Artful Adjustments & Assists

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