



AT CASHEW HILL

\$12 USD | Drop-In

CHAKRA FLOW: Journey through the Chakras or focus one specific Chakra with this Vinyasa based flow followed by a peaceful meditation.

DETOX FLOW: Unwind from the 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.

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.

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

SWEATY 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.

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 & RESTORE: Join the slow, deep stretches of Yin Yoga and add some of the restful and restorative shapes of the restorative yoga practice for an extra dose of yum.

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!

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

YOGA EN ESPANOL: All the benefits of a Vinyasa Flow class en Español.

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.

Caribe
YOGA ACADEMY

Yoga Teacher Trainings

2019 TRAININGS:

February 24 - March 19, 2019: 250hr. Foundational Yoga Teacher Training

March 20 - 26, 2019: 70hr. Chakra Flow: Moving in Mindfulness & Mysticism

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