

C L A S S D E S C R I P T I O N S

Nia ~ (pronounced 'nee-uh') Neuromuscular Integrative Action blends 9 movement forms from martial arts, dance arts, and healing arts into a complete cardiovascular fitness and wellness program. Nia is inherently non-impact, remaining gentle on the body and accessible to any fitness level. All classes are taught with examples of movements modified for all levels. Movement for your body, mind and soul. With the depth and flexibility of this work, every Nia class and instructor is unique. We encourage you to try them all. For more info: www.nianow.com.

Continuum Yoga ~ Continuum Movement (developed by Emily Conrad) is a movement philosophy based on experiencing the fluid nature of the body as it's basic support structure. This blended with Yoga asanas is a perfect way to gently introduce the body to both. Come, dive into the primordial river which is you and soak up the essence of freedom within form!

Feldenkrais Method ~ This method is based on principles of physics, biomechanics and an empirical understanding of learning and human development. Students use gentle movement and directed attention to become more aware of their habitual neuro-muscular patterns; allowing expanded options for new ways of moving.

Hatha Yoga ~ The classical approach to yoga holds asana (postures) as one of the 8-limbs of a comprehensive yoga practice and foundational for the exploration of yoga's greater depths. In this class we study asana, breath, and a bit of meditation aimed at improving flexibility, balance, vitality, and clarity extending from the physical body through the mental. The postures range from stationary to more of a vinyasa-flow style and are suitable for all levels of practitioner. Explore your body as a sacred vehicle by inviting a deeper relationship with yourself and improved, overall well-being.

Meditation ~ Exploring a deeper, more internalized "yogic" practice, we will focus on the importance of a clear and present mind achieved through various meditation techniques. The later 4 limbs of Raja Yoga will be the focus and will also include mantra and pranayama. Some meditations will be guided and include the practice of Yoga Nidra, and others will offer take-home techniques for a more effective personal practice. These techniques, effective for releasing old and unwanted patterns, will help you realize your greater potential by empowering you in the now and deepening your state of presence. Invite a smooth, rejuvenating transition as you release the stresses of the work week and welcome in the possibility of the weekend.

Kundalini Yoga ~ Considered the truest "Yoga of Awareness," Kundalini Yoga works to access and en-liven the natural energy that flows through the body's many systems. Using yogic techniques that can be enjoyed by anyone, this practice will deepen your experience and understanding of the sacred power in combining Pranayama (breath), Mantra (sound), Asana (postures), Mudra (hand positions) and Meditation.

Monday Morning Mommies ~ This is an upcoming offering, seeded with love and awaiting your input and ideas. We would love to have a regular gathering for parents and their little ones... maybe some yoga? dancing? storytelling? Let us know what you think and who you know! We'll watch it take form and update you as it grows!

Pilates Mat ~ Based on the work of Joseph Pilates, Pilates Mat work is excellent for strengthening the core, aligning the body, and increasing body awareness and flexibility. Supported by the breath, movements are subtle and precise with dramatic, lasting effect.

Transcendental Yoga ~ Based on Traditional Ashtanga Yoga as outlined by Patanjali in the Yoga Sutras, we explore the 8-limbs (eight disciplines) of a holistic yogic practice including asana, pranayama, meditation, and purification-cleansing. The emphasis is on the transcendental character of yoga as a path toward self-realization instilling balance and clarity in all aspects of our lives, beyond just the realm of physical movement. Here asanas are seen as a gateway to access the greater Self through the body, and the 8-limbs are used as successive steps toward a more compassionate, fulfilling, and empowered existence.

Vinyasa (Flow) Yoga ~ In this class designed for students of all levels, we will energize our bodies, spirits and minds through movement and breath. We will explore meditation, mantras, mudras, pranayama and how to apply these techniques to improve health and wellbeing on all levels; expanding our practice off the mat and into the world.

Zumba ~ This is a high energy, super sassy combination of Latin, African, Middle Eastern and Hip Hop music and moves. You'll learn a bit about salsa, samba, merengue... and a lot about how much fun you can have in the body. We recommend soft sole shoes with this class, but you're welcome to go bare.

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