



YOGA CLASS DESCRIPTIONS

Classes held at 2 Costello Drive, Carleton Place

613-253-2112

HeritageFitness.ca

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Beginner Yoga

An introduction to the foundations of yoga, this class is perfect for anyone who has been curious about yoga but unsure about coming to a class. Learn what to expect in a yoga class, from the basic poses to how a typical class is structured. Hint: You don't have to be flexible to do yoga! This class is held once a month and is for non-yoga members. Sign up is required.

Bootcamp Yoga

This flowing, dynamic yoga practice will cultivate presence by connecting movement with breath. Expect to build heat while exploring energy and intention, and fostering greater self-awareness. This practice will build your inner and outer strength, improve your balance, and reduce stress while increasing vitality and athleticism.

Gentle Yoga

Gentle yoga is perfect for people who are looking for a softer approach to their practice. In this class, we will combine gentle yoga poses with breathing exercises and restorative postures to stretch and strengthen the body to reduce stress and calm the mind.

Hatha Yoga

Participants of all levels of yoga will benefit from this class. Deepen your understanding of the postures, breathing, and relaxation techniques.

Karma Yoga

Everyone is invited so bring a friend! The price of admission is a toiletry item to be donated to the Lanark County Food Bank. This class is held the 2nd Sunday of each month.

Rolling Yoga

Rolling yoga playfully combines elements of yoga, calisthenics, body therapy and stress reduction. Using foam rollers and various types of massage balls with common yoga poses and other movements, this class has many benefits. These include reducing pain, improving posture and increasing mobility.

Yang-Yin

A blend of opposing energies. We first flow with the breath through poses that will develop strength and balance for mind and body. Then come to the floor for long, deep stretching targeting the connective tissues to help improve flexibility and create the feeling of space in your body, leaving you feeling amazing!

Yin Yoga

This 75-minute class will include the deep tissue working of traditional Yin poses along with suitable breathing techniques and light meditation. Poses are often held for 3-8 minutes so please wear comfortable and cozy clothing.

Yin-Restorative Yoga

This 90-minute class will include the deep tissue benefits of traditional Yin poses then be followed by the wonderfully supportive and relaxing poses found in Restorative yoga. Each class will also have breathing techniques and meditation style appropriate to the class theme. Yin poses are held for between 3-8 minutes while Restorative poses are held for up to 12 minutes so clothing should be loose and cozy. Please bring a blanket if available.

Yoga Flow

This breath-centered, mindful yoga class will increase strength and flexibility on every level. You will leave feeling balanced, inspired, and more connected with your own true nature. Moderately paced class suitable to students of all levels.

Yoga-Pilates

This hybrid gives you the best of both worlds when it comes to core strengthening. Designed to tone muscles, increase flexibility, and help reduce stress, it is the ultimate workout.

Yoga Stretch

End your week with this deep stretching class, which is set in a slow-paced environment and incorporates breath work, movement, gentle strengthening and longer holds to improve flexibility and mobility.