

YOGA

Unique Classes. Inspirational Teachers. Eco-Modern Studios. Fun and Friendly Yoga for Everyone!

BREATHE YOGA blends together different styles of yoga to create classes that are innovative, balanced, and inspiring. Our family of teachers are passionate and dedicated to helping their students experience yoga as a path to freedom, health and happiness.

HOT YOGA: A dynamic and invigorating sequence of poses that synchronize movement and stability breath. Our bamboo floors and radiant heating panels create a dry, eco-friendly hot studio that encourages you to sweat and detoxify without over-taxing the body. Each teacher offers a unique approach to the class making every class different and new! Offered for all levels everyday! (Average room temperature is 35 degrees)

HOT / YOGA ALIGN: A workshop-style class that covers posture alignment, yogic breathing and philosophy. Each week new themes are introduced to progress your practice to the next level. A great class for beginners or students who would like to deepen their yoga practice.

RESTORATIVE YOGA: Relax and rejuvenate with a gentle and meditative yoga class. Poses are held longer with supportive props to help rest the body and calm the mind. Class suitable for all levels.

ANUSARA YOGA: A system of hatha yoga that integrates biomechanical principles of alignment, the art of inner body awareness, and a celebration of the heart. This mixed level class is energizing, dynamic and uplifting. Anusara isn't just a kind of yoga - it is a community of the heart. Everyone of every level is welcome to explore and play in a way that honors his or her unique gifts. Practice in our beautiful non-heated studio.

YOGA DANCE: Created and inspired by Shiva Rea's Yoga Trance Dance this 30-minute class allows you to liberate the body and mind with groovy global beats, rhythmical yoga sequences, and high-energy fun. No dance or yoga experience required. Be prepared to sweat and shake it!

YOGA: Explore yoga without the heat in a class that balances precise instruction and alignment with breath, movement and flow. All levels are encouraged and welcomed!

POWER HOT YOGA: Energize and strengthen your personal power with a vigorous class based on the Ashtanga series of poses. This class is themed with up-beat, eclectic music to help inspire and challenge the mind, body and spirit. Previous yoga or athletic experience is recommended.

FITNESS

Dynamic and Challenging Classes. Top Professional Instructors. Great Open-Air Fitness Space. Accessible for Everyone!

BREATHE FITNESS is a combination of traditional fighting sports and conditioning classes. World-class Professional Boxing Champion and Karate Master, Alain Bonnaime leads our team of instructors who offer fun, cutting-edge classes to keep you in shape.

KBOX: combines elements from karate and boxing with high-energy music to give you an intense full-body workout. You will sweat, smile, and shape-up fast! **KBOX N' SKIP** adds skipping intervals to increase cardiovascular endurance.

BOX: Taught by World-class boxer Alain Bonnaime, this class strengthens and defines your body using professional boxing techniques. Blast your fat while learning valuable self-defense skills. Do not be intimidated these classes are non-competitive and fun!

ADV. BOX: An advanced level boxing class focusing on partner sparring and intense heavy bag and speedball training. Previous experience and box-spar equipment are required to do this class. Gloves and headgear can be purchased at the front desk.

SCULPT: A weight-training class designed to build and cut your muscles using low-weights and high repetition. Rapid sequences of exercises will be sure to raise your heart rate while increasing power and endurance.

SKIP FIT : A full-body workout designed to get the maximum out of your time. A fusion of strength training techniques from boxing, kickboxing, and sculpt are combined with cardio powered skipping to create a fun and dynamic class. Skipping burns the calories fast and is safe for all levels. Tennis shoes are recommended but not required.

KARATE: Improve confidence, mental focus, and physical agility with self-defense techniques, sparring, strength training and cardio drills. Learn Kyokushin karate in a safe and supportive environment- no experience necessary. Affiliated with IKO 1. **ADV KARATE:** Orange belts and higher.

POLICIES

- Bath towels: 1\$ rental per towel. Please bring a hand towel for use in the class. Our community yoga mats are free for your use.

- Parking: We are pleased to offer access to our private parking lot adjacent to our studio – entrance Shearer. Passes must be purchased from the front desk. All vehicles parked in the lot without a Breathe parking pass will be towed.

- Hygiene: We are implementing new changes to ensure your health safety! Please help us by taking these simple steps:

- If you are feeling ill, or have a cough please stay home- exercise does not 'cure' a cold contrary to popular belief
- Please use our complimentary mat spray to disinfect your mat
- Please use our hand disinfectant dispensers
- Please bring a refillable water bottle.
- We will no longer offer 'free towels' and 'water cups' for sanitary reasons.

- Please arrive on time for class. We no longer can accept late arrivals into our yoga classes. Please advise the teacher before class of any concerns

- Avoid eating heavy meals before a yoga class. It's recommended to eat 2-3 hours before.

- Gentlemen are required to wear a t-shirt / tank-top in and outside the Heated Studio

- Outdoor shoes are not permitted in the studios, please bring a pair of flip-flops or yoga socks if you do not wish to walk barefoot.

- Members can sign-in for classes online by creating a username and password.

- Your concerns are very important to us, please feel free to email or contact us with your comments.